


# Declutter & Detox This Spring!

## SATURDAY, APRIL 21, 2012

- 8:30–9:45 AM** Vinyasa class\* (featuring hot/power detox) with Mona Cenicerros
- 10–11:15 AM** All Levels class\* (featuring breathe-and-twist detox) with Julie Dickhudt
- 11:30 AM–Noon** “What is a cleanse?” with Julie Dickhudt/Isagenix consultant (Free)
- Noon–1:30 PM** Lunch Break
- 1:30–3:30 PM** Declutter & Detox workshop with Melanie Williams (\$40)
- 3:30–4:30 PM**  Presentation by Melissa Kruse, owner of Naked Beauty (nakedbeautybathandbody.com), and launch of De-Tox Lemon, Sun Moon’s private label detox cleansing bar
- 4:30–7:00 PM** Dinner Break with optional field trip to St. Peter Co-op for dinner
- 7–9:30 PM** “Clearing Your Energy Field” with Mona and Melanie (\$40)

## SUNDAY, APRIL 22, 2012

- 9 AM–Noon** “Clean Burn Asana” workshop with Carly Hopper, M.S. (\$165)

*\*Regular studio classes open to punchcards, makeup and \$15 Drop-ins.*

### **COST:**

Open events priced individually.  
Weekend-intensive, all events,  
\$375.

### **TO REGISTER:**

Contact Mona at 507.387.6600  
or [sunmoon@hickorytech.net](mailto:sunmoon@hickorytech.net)

### **Sun Moon Yoga**

635 South Front Street  
Mankato, MN 56001  
[www.sunmoonyogastudios.com](http://www.sunmoonyogastudios.com)  
Like us on Facebook: SMYoga

Open  
to All  
Levels of  
Students!

sun  
moon yoga

De-Tox Lemon

*Sun Moon Private Label*