

~ **Spring Revival** ~  
**A Yoga Workshop with Juliette**

*Let go of Winter and embrace Spring; this mindful vinyasa workshop will help release and cleanse the body and mind. Surrendering what depletes us we'll explore ways to shift towards vitality and nurture intentions for renewal. Expect pranayama (breathing and cleansing), mindful asana flow to flush out, reboot and revive, deep guided relaxation and meditation*

CHF30

Temple du Yoga, Nyon

Saturday 16th April, 15:00 – 17:30

Sign up: [juliette@julietteyoga.org](mailto:juliette@julietteyoga.org)

