

# OMEGA

Rhinebeck, New York

Dear Student,

You are registered for course # 1503-961, "Detox Flow® Yoga: Purification for Optimal Health & Wellness" with Seane Corn on May 28-31, 2010.

Below is additional information on the workshop:

Each day we will practice specifically choreographed vinyasa flow routines. These creative and challenging yoga sequences will:

- Utilize three internal components for cleansing, including abdominal compression, decompression and twists
- Stimulate the productivity of the vital organs (liver, kidneys and gall bladder), circulatory and lymphatic systems
- Help clear out residual toxins stored in the major body systems, specifically the intestinal tract.
- Provide guided instructions for building your practice, from proper alignment and sequencing to breathing
- Offer practical life style suggestions to help cultivate dietary and environmental awareness, emotional balance and spiritual renewal

This weekend is designed to assist us in examining our habits, evaluate our influences, encourage proactive involvement with personal health through self-responsibility, and help provide suggestions on how to choose what is best for our physical, emotional and spiritual wellbeing. For those interested in maximizing the benefits of detoxification with the aid of an excellent and responsible 7-day program, Seane recommends ordering the Ultimate Energy Cleanse through [www.uec.com](http://www.uec.com) <<http://www.uec.com>> and beginning your cleanse on Saturday morning of the workshop. Please do not begin this or any internal organ cleansing program prior to the workshop, as the sequences can result in depletion and or fatigue.

Experience with sun salute A and B is necessary. Although each class will be a different routine and can be taken separately, the sequences build upon each other and it is encouraged to take the full weekend.

We look forward to seeing you this season!

Sincerely,  
*The Omega Staff*

Awakening the Best in the Human Spirit