

A W A K E N Y O U R T R U E B E A U T Y



LIVING SKIN INTENSIVE WORKSHOP



Enhanced Lymphatic Drainage Yoga Flow

A healthy lymphatic drainage system is vital for skin metabolism. When junk shows up on skin, it reflects deeper problems with internal Lymphatic Drainage systems.

This 75 min session jumpstarts sluggish lymphatic systems to speed up skin detoxification and eliminate water retention problems. Say goodbye to bloating!

You will go through some of the most effective postures for detoxifying lymph nodes in a proper Yogic sequence, in a safe and achievable way. Achieve a re-activation of lymph metabolism!



In-House “Reverse-the-Signs” Yoga Flow

The One and Only Anti-Ageing Skin Yoga specially planned by Linda (in the pursuit of vanity!) to reach maximum lifting and toning of skin.

Not to be missed!

Do you know that some Yoga Sequences are extremely powerful for lifting skin removing wrinkles and boost skin elasticity? You will learn the keys to practicing Living Skin Yoga, and one simple breathing technique which you can do everyday to re-activate skin metabolism!

Unleash your inherent healing abilities and re-Live Skin-Deep Beauty today! To register, please write into info@thelivingyoga.com with your name and contact no.

For Private Groups Registration (min 3pax), please sms your name and no. of pax to 8298 7760 for available dates.

Elements

- 1) Enhanced Lymphatic Drainage Yoga Flow – 75min
- 2) “Reverse-the-Signs” Yoga Flow – 75min
- 3) 2/ Organic Living Super-Skin Smoothies
- 4) 1/ Living Skin Seed Milk
- 5) Organic Living Super-Skin Lunch
- 6) Raw Organic Cacao Beauty Dessert
- 7) Organic Living Skin Moisturizer made with Raw Organic Cacao Butter & Organic Essential Oils – Preservative Free!

Workshop Time: 10am – 4pm
Fee: S\$485 nett per pax (Includes all Yoga Sessions, SuperSkin Smoothies, Living Meals, Desserts & Living Moisturizers)

www.thelivingyoga.com