

A person is shown in a yoga pose (Padmasana) on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow. The person's silhouette is dark against the bright light of the sun. The sky is a mix of blue, orange, and pink. The ocean is visible in the background with a few waves and a small boat on the horizon.

# Detoxification Workshop

Call (425)949-5961 to reserve your place!  
22635 NE Marketplace Dr. #130, Redmond WA 98053

Alpine Integrated Medicine  
[alpineintegratedmedicine.com](http://alpineintegratedmedicine.com)

Come celebrate the Summer Solstice with Dr. Alison at AIM while we explore different yoga postures, breathing practices, and meditations that enhance detoxification and cleansing. Dr. Alison will provide a cleansing protocol for us to follow and also discuss different naturopathic techniques and home practices that help us rid toxins and strengthen our body's natural healing potential. Join us and make your health a priority this month!  
Workshop Cost: \$30 before 6/14 and \$40 after

When you register for the workshop you are eligible for a special 10% discount on our Seasonal Detoxification Packages! We are offering a monthly Basic and Deluxe Package that incorporate an initial visit with our naturopath to create an individual, tailored detoxification plan for you including a cleansing protocol, acupuncture, massage, yoga, and IV therapy. Inquire for more information!

June 21, 2014

9am-12pm