

“Another Detox Workshop”

# Yamuna Body Rolling Cleanse



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*With Beth McCoun  
Certified Yamuna  
Instructor*

**Sunday  
January 29th  
2-4pm  
FAC Aerobics  
Room**

“Another Detox  
Workshop”

Clear Creek FAC  
717 Burks Branch Rd.  
Shelbyville, Ky 40065

502-633-5059

Start off the New Year with a new you! The Yamuna bodywork method uses various sized balls to directly stimulate organs, enhancing digestion and cleansing of all the body’s systems, especially the digestive system in this particular workshop. Please join us and find a new, better and cleaner you in the New Year!

Register at the FAC front desk by Friday, January 27th.

\$10 for members

\$15 for non-members