

Seasonal Lymphatic Reset Workshop

Release • Rebalance • Renew

Your lymphatic system is your body's natural cleansing network — working quietly behind the scenes to remove waste, fight infection, and keep your energy flowing. Yet stress, inactivity, and seasonal changes can leave it stagnant and sluggish.

Join us for a **90-minute Seasonal Lymphatic Reset Workshop**, designed to restore your body's inner flow through **gentle movement, deep diaphragmatic breathing, and self-lymphatic drainage massage**.

You'll discover how to:

- ✨ Stimulate lymph flow naturally
- ✨ Reduce puffiness and inflammation
- ✨ Support detoxification and immune balance
- ✨ Feel lighter, clearer, and more energized

Each session aligns with the rhythm of the seasons — whether it's **Spring Renewal, Summer Glow, Autumn Grounding, or Winter Restore** — helping you harmonize with nature and your body's needs.

This immersive experience blends education, mindful movement, and guided self-care to leave you refreshed from the inside out.

What to Expect

- Guided lymphatic movement & breathwork
- Step-by-step self-massage techniques
- Seasonal wellness tips & take-home guide
- Relaxing closing ritual to integrate your reset

 **Duration: 90 minutes**

 **Investment: \$70** (includes herbal tea + take-home guide)

✨ **Feel the difference of a healthy flow** ✨

Reserve your spot today for your next **Seasonal Lymphatic Reset!**

 Register for Training Dates 2026:

[Spring Renewal](#) ✨ March 21st 5:00 PM - 6:30 PM

[Summer Glow](#) ✨ June 27th 5:00 PM - 6:30 PM

[Autumn Grounding](#) ✨ September 26th 5:00 PM - 6:30 PM

[Winter Restore](#) ✨ December 19th 5:00 PM - 6:30 PM