



Yoga Detox Weekend Programs in New York

Ananda Marga Wellness Centres have been established all over the world providing holistic treatment based on naturopathic principles, teaching people to improve the health and reverse disease simply by regular fasting and changing their dietary habits and lifestyle. We were feeling a strong need to establish a wellness programs here in New York as a service to the community and for the public to know our yogic lifestyle and health principles.

Last three months we had our first weekend Yoga Detox Retreats here in our Ananda Marga Centre in Flushing, New York. The result was impressive and the participants were very happy with the programs and feel a positive improvement in their health. We will be continuing to have a weekend program every month in year 2018. The next detox program will be on February 9 - 11, 2018. A website for more information about these programs is in the making and should be ready

by end of January 2018 under www.yogadetox.net



Enjoying the morning fresh pressed fruit and vegetable juice.



Afternoon walk during the detox program.



Collective photo after Dharma Cakra on Sunday January 14, 2018.