

Journey Through the Chakras

Yoga Workshop with Michelle

13th July 7:15- 8:45pm Yoga Studio

If you have always wondered what the "Chakras" are all about, this workshop is for you! Demystify the Chakra System. Explore the most logical, comprehensive account of exactly where body meets mind and how our beliefs create our biology.

The Chakra System is an ancient map detailing the 7 primary energy centers and the 5 elements of the body-mind-spirit.

This workshop begins with a lecture/dialogue, followed by a powerful Vinyasa-flow (choreographed for specific chakras) and ending in deep meditation/contemplation.

- * Learn specific mudras, mantras + essential oils for each chakra
- * Activate your intuition by learning to read the language of sensation.
- * Identify which emotions rule over which territories of the body.
- * Learn to interpret physical symptoms as indicators of deeper, unresolved emotions.
- * Recognize over- or under-active tendencies of each chakra.
- * Incorporate practical lifestyle choices to balance each chakra.
- * Understand the developmental phases and rites of passage associated with each chakra.



\$25 or LT Bucks for members
\$35 for non-members
RSVP at member services
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