

CHAKRA Workshop

with Denise Bunch

CONTINUING YOUR JOURNEY
4TH CHAKRA

Saturday
February 16th
1:00 - 2:30 pm



These seven workshops focus on each of the Chakras - the energy centers of our subtle anatomy. This is a perfect workshop for those who want to explore and gain new insight into developing their practice so that they can heal and expand their body, mind and spirit.

Each workshop will include a talk on the featured chakra emphasizing the associated asana practice, pranayama (breath practice), meditation and relaxation. Students will go home with the practice from the workshop to add to their own yoga tool box!

Each workshop is 90 minutes in length.

The classes are designed to be taken either as a stand-alone class or all together as a series for in-depth study.

Next workshop: 5th Chakra on March 16th



Class Fee: \$25 - pre-registration required

Visit us online at www.yogasoul-center.com
1121 Town Center Drive, Suite 100 • Eagan, MN

