

## Journey through the Chakras

A weekend of self-discovery, asana and meditation with Leslie McKenzie

Free yourself from fear-based thoughts and discover what you are truly capable of



**October 27 - 29** 

Friday • 6 - 9 pm

Saturday • 12 - 6 pm (break 3:30 - 4:30 pm)

Sunday • 9 am - 3 pm (break 12 - 1 pm)

\$175 (\$150 by Sept. 26)

Register today • 78<mark>0-416-4211 • yogafortoday.ca</mark>