

Chakra Yoga Meditation Course

Wednesday (8 weeks)

January 10 - February 28, 2018

7 - 8:30pm **\$120**

During this eight week session, you will explore the meaning, function, and purpose of each chakra and the wellspring of life energy within.

Through conscious awareness and balancing the chakras, you will learn to:

Communicate more effectively

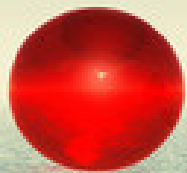
Develop compassion

Spark your intuition

"Let go" to create the life you desire



Each class ends with guided meditation to balance and relax your busy, stressful life



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . yogafortoday.ca

