

Introduction to Chakras: Our Energy System

with Leslie Mckenzie

Ever wonder why you feel so good after yoga?

It's because you just activated and balanced your energy system—your Chakras.

Want to know how you can consciously hold on to that feeling throughout your day, every day?

Come to this informative workshop and learn about your Chakra system and the effect it has on your emotions, urges, habits, choices and thoughts.

This two-hour workshop will include: Chakra awareness, movement (yoga) to activate these systems, and a guided meditation to balance it all out.



Leslie Mckenzie has been in the health and wellness industry for over 21 years. As a certified yoga instructor, meditation coach, fitness instructor and personal trainer, she has helped many individuals reach their personal best, emotionally, physically and spiritually.

Leslie is passionate about helping each of us live our lives with abundance by becoming more aware of our mindset and the inner wisdom that lives within us all.



Saturday, Jan. 6, 2018

1 - 3 pm

Cost: \$40

(\$35 for members)

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

