



MIND AND BODY

THE 7 - CHAKRAS

'PRACTICE WITH PURPOSE' WITH JOELLE

DATE: Saturday, May 12

TIME: 1:00 pm - 5:30 pm / 30 minute break

LOCATION: Mind & Body Studio at All Sport

PRICE: \$40 Members • \$50 Non-Members

In this workshop we will learn about the unique qualities of each of the 7 Chakras and introduce how to integrate their essence into asana practice. The Chakras are an incredibly vast and ancient system which can help create a physical, psychological and spiritual map of ourselves. Through asana practice and meditation, we will explore our own felt-sense of our Chakras and consider qualities that are feeling excessive or deficient.

We will learn tangible tools to help tailor our practice more directly to our needs (or to our students if we teach). Familiar postures can take on new meaning and depth when tapping into their energetic qualities more consciously.

This workshop will serve as an introduction and overview of Chakra Yoga and will lay the groundwork for future in-depth study of Chakra Theory and practice.

Yoga experience required**Basic understanding of Chakras is helpful

