

Chakra Yoga Workshop



Serenity Gardens
Spiritual Health &
Wellness Center
941-883-4942

Learn about the Chakra's and how they influence your yoga practice.

Take home an outline of the Seven Chakra's and your free Young Living Essential Oil sample.

11:00AM - 1:00PM
Saturday, November 14th
\$25.00 Prepaid
or \$30.00 drop-in

The seven main Chakra centers run from the root of the pelvis up through the crown of the head.

- Each energy center has its influence to specific areas in the body.
- Each energy center has an associated scent, sound, color and vibrational quality.
- The yoga poses we will explore will put you in direct contact to those areas of influence to enhance a more balanced and centered you.