

YOUR LOGO
HERE

ALIGN & SHINE

YOUR Chakras Study

with guest Instructor, Melissa Kleehammer

SEPT 30
2-4 PM

Uncover your chakras with 'fast fact finding' journaling that identifies exactly where in your body and in your life, there is room for growth.



In Tantra philosophy, it is taught that if we open and unite the energy centers in the body, keeping the endocrine and digestive systems balanced, we achieve optimal health.

Chakras are energy centers that align up the spine and each govern specific traits, behaviors, emotions, glands and organs. When we are not fully open, it manifests as imbalance in the physical body.

This workshop will ask you to be fiercely honest, to help you understand where you are balanced and where to focus your attention.

From this class, you will receive:

- A journaling workbook
- Insight into your life & inspiration to take action
- An asana/mudra/mantra for each chakra
- A discount on a more in-depth online Chakra course

this workshop will be mainly lecture, journaling and meditation, with limited asana

"The focus I have learned through practice is helping me work through all life's issues with a new-found confidence and calm."

~ Patty D, Yoga Student

Pre-register by 9/2 for \$
Members \$

Register at www.yourstudiowebsite.com

Melissa fills her classes with alignment cues, anatomy tips, yoga philosophy & meditation techniques to help you to deepen your relationship with your Divine & your higher Self.