



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA FROM THE CENTERS

CHAKRA ALIGNMENT THROUGH MOVEMENT
Stateline Family YMCA
June 1st, 1-3 PM
IRONWORKS BRANCH

This 2-hour workshop is an introductory overview to your body's energy centers, or chakras. Chakra are located throughout the body and integrate along the spinal column. By being attentive to this energy pathway during both the restriction and fluid movements of the physical body, we can get a deeper sense of how to intentionally cultivate steadiness in our practice on and off the mat.

During this workshop we will review central ideas about the chakra and practice postures that can help cultivate alignment throughout each energy center. We will begin with a short discussion of the theory behind this system and how it informs a physical (hatha) yoga practice. We will then focus on asana (poses) and pranayama (breath work) to help realign the chakras.

No prior yoga experience needed, just a curiosity about how to approach integrating your mind and body movement. Mats and props are provided (although feel free to bring your own).

Pre-registration is required—Limited spots available! Register at the front desk or online at www.statelineymca.org.

Members: \$7
Community: \$15

Registration deadline: May 30th
Workshop led by: Sonya

