

YOGA FROM THE CENTERS: CHAKRA ALIGNMENT FOR THE SUMMER MONTHS



May 18th
10:00am–12:00pm
\$10 Members
\$15 Community

Registration closes May 17th

This 2-hour workshop is an introduction to your body's energy centers, or chakras. It continues the work we did on the first three chakras in December (not required for this class). We will begin with a short discussion of the theory behind this system and how it informs a hatha yoga practice. We will then focus on asana (poses) and pranayama (breath work) to help realign your next four chakras (heart, throat, third eye, crown), which promotes a sense of loving, truthfulness, imagination, and creativity.



No prior yoga experience needed!
Mats and props are provided.

