



Chakra Yoga Workshop

Presented by Mary Sobiechowski

Balance and Activate your Energy Body



All aspects of your well-being depend on the smooth flow of energy. Unencumbered and spinning freely in the right direction, your chakras move energy between your personal field and the energy field of the universe.

This workshop will help you apply your yoga practice to bring renewed awareness and balance to your energy body. Suitable for all levels!



In this workshop Mary will lead you to:

- * Explore the seven energy centers and your energetic anatomy
- * Discover the chakra connection to the endocrine glands, nervous system and your well being
- * Practice to understand which asanas and pranayama clear, clean and heal your chakras for energy transformation and healing
- * Learn powerful natural techniques to feel better emotionally, spiritually, and physically

Sunday, March 3, 2019

2:30 pm – 5:00 pm

Register by March 2nd for \$35

Drop-in March 3rd is \$40

Registration Form –Chakra Yoga Workshop
 Shakti Yoga Center, 3 Victory Blvd, Staten Island, NY 10301
 (Sunday March 3rd) 2:30 pm – 5:00 pm

Name: _____ Email /Phone (required): _____

Checks, cash & PayPal (select Friends&Family). Amount enclosed _____ (Credit cards not accepted)