

Understanding The Chakras Series:

Unlock the Wisdom of Your Power Centers

w/ Nisha Devi



Want to remove blocks from your body & your life?

Ready to align your body, heart & mind?

Desire a deeper view of vedic philosophy?

Gain Invaluable Insights With The Wheels of Life

Join premier yogini Nisha Devi in her first-of-its-kind exclusive seven week Understanding The Chakras Series where you can learn *each week* about **one of the seven** chakras and their corresponding colors, yoga & tai chi poses, ailments and functions.

Engage your power using this ancient knowledge that connects heaven & earth through your core!

Chakra is a concept originating from Hindu text meaning "wheel" or "turning". According to traditional Vedic Philosophy, chakras are believed to exist in the surface of physical, emotional and spiritual bodies.

Awaken Awareness Within Using This Sacred System

Open The Gateway To Your Chakras

This comprehensive ancient study will empower students with the following tools:

- ◆ Spinal alignment of the seven chakras through yoga & tai chi poses
- ◆ Proper nutrition and methods of activation for each specific chakra center
- ◆ Identify & release past emotions that live in your body
- ◆ Recognize the gifts of chakras and utilize them in your daily life

DETAILS

Date: June 4th – July 23rd, 2011

**One chakra will be covered per week*

Times: Sat. | 2:00pm - 4:00pm PST

Cost = ONLY \$59.00 for each workshop)

Combination Special: **\$299** (7 workshops, one is FREE)

Space is Limited, SIGN UP NOW

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