

AKASHA

Yoga • Healing Arts • Education



SUBTLE BODY AND CHAKRAS

WITH SCOTT ROOS

Saturday, October 24th 2–4pm
Members—\$35 Non-Members \$45

On Zoom & 2-CEU's

According to the Vedic tradition, the human energy system has 7 main centers called chakras or “wheels”. Learn how these chakras function and how they can be problematic. We will learn mantras and other practices to help restore balance to them. Join us on Zoom for lecture and practice. Wear comfortable clothing in order to move.

Preregistration and payment required. Please no refunds.
Please check our website, visit our studio or call for more information.
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