

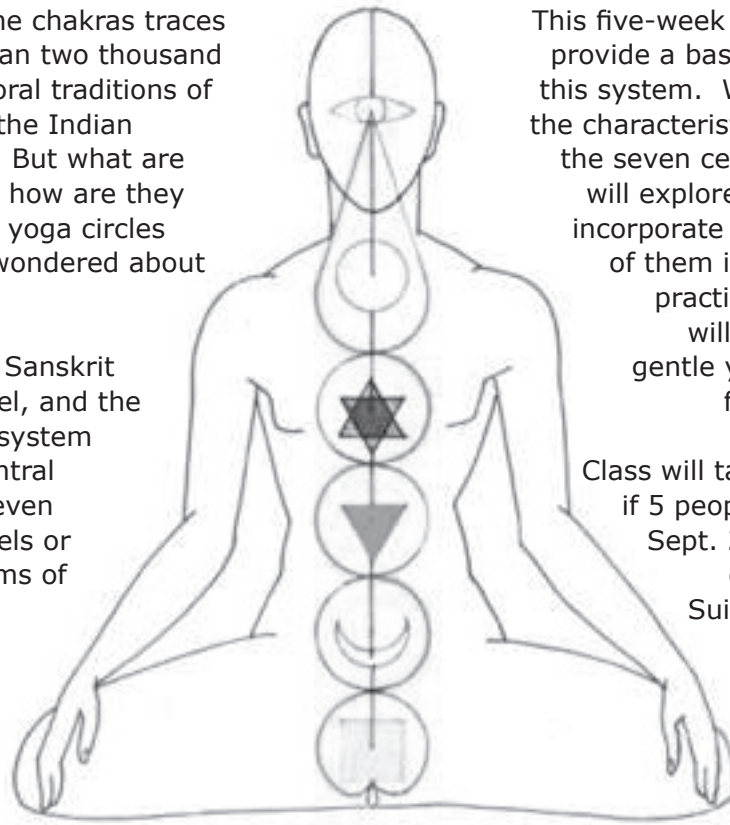
Chakras

AN INTRODUCTION TO THE ENERGY CENTERS OF THE BODY

with Mary Ann

The idea of the chakras traces back more than two thousand years to the oral traditions of the Vedas in the Indian subcontinent. But what are chakras? And how are they considered in yoga circles today? Ever wondered about this?

“Chakra” is a Sanskrit word for wheel, and the basic chakra system involves a central stacking of seven spinning wheels or energy systems of the body.



This five-week workshop will provide a basic overview of this system. We will look at the characteristics of each of the seven centers. And we will explore how you can incorporate an awareness of them into your yoga practice. Each class will include some gentle yoga and time for discussion.

Class will take place only if 5 people register by Sept. 22; maximum class size, 15. Suitable for yoga students of all levels.

5 week series:
Saturday, September 25, October 2, 16, 23, 30
12:30-1:45 PM
\$45 if paid by Sept 22; \$55 after. Drop in \$15

Mary Ann Robinson is a 500 hour certified yoga instructor. Her extensive study with senior teacher Mary Paffard has included specific investigation of each of the chakras.