

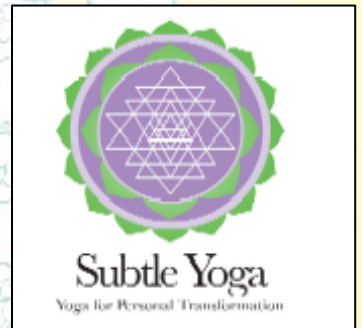
Chakra Yoga

With Kristine Kaoverii Weber, MA,
RYT500

May 22–23

Community Yoga

20823 North Main St.
Cornelius, NC 28031



In this class you will learn yogic approaches to balancing your chakras which will help you calm your mind, boost your mood and improve mental clarity. Because the chakra system is the way our body organizes our emotions, understanding how to work with your chakras can help you be:

- Less **stressed out**, calmer and more peaceful
- Less **depressed**, tense and/or anxious
- Able to release **emotionally-charged holding patterns** lodged in the physical body
- More in touch with your **inner Self** – body, mind and spirit
- Better connected to your **Spiritual Source**
- More aware of your **life's purpose**

The yogis have long understood and modern research continues to demonstrate the efficacy of yoga as an integrative therapy for balancing the mind. Call Community Yoga today to save your space in this unique workshop. Space is limited! Kaoverii has been teaching yoga for more than 15 years and current trains mental health professionals at MAHEC in the use of yoga for balancing the mind.

**For more info, visit www.subtleyoga.com
To register, visit www.communityyoga.com**

