




CHAKRA YOGA THERAPY WORKSHOP SERIES

Experience the **CHAKRAS** in a **WORKSHOP SERIES** hosted by **YOGA THERAPIST, KRISTINE MEYER** at **TRUE NATURE** in Carbondale.

In this series of workshops you will travel through the chakras in **2 HOUR YOGA THERAPY SESSIONS** dedicated to each individual chakra. The sessions will utilize ancient Yogic Practices including **YOGA ASANA, PRANAYAMA, MUDRAS, MEDITATION & YOGA NIDRA** to take you on a journey through your energy centers, your chakras. Get to know yourself & your energy on the deepest level.

Sign-up now & receive **ONE SESSION FREE** if you register for the entire series!
\$20 WORKSHOP OR \$100 WORKSHOP SERIES [ONE SESSION FREE!]

OCT 3RD - MULADHARA  [1ST]
NOV 7TH - SVADISTHANA  [2ND]
DEC 5TH - MANIPURA  [3RD]
JAN 2ND - ANAHATA  [4TH]
FEB 6TH - VISUDDHA  [5TH]
MAR 6TH - ANJA  [6TH]
& **SAHASRARA**  [7TH]

True Nature

549 MAIN ST, CARBONDALE
PHONE (970) 963-9900

Workshop Series

4:00-6:00PM

KRISTINE MEYER [YOGA THERAPIST] is certified through the Yoga Alliance at the 500-hour level and is a member of the International Association of Yoga Therapists. To learn more about **YOGA THERAPY** or Kristine's practice, check-out WWW.FEELGROUNDED.COM or contact her at KRISTINE@FEELGROUNDED.COM.

