

Awaken your Energy Body!

Chakra Yoga Workshop

with **Nancy Ruby** and **Nathan Zavalney**

Red Bird Yoga - Stevensville

217 Main Street

February 26

9:00 - 5:30 pm

Sunday (break 12:30 -2:00)

Wheels of Life

Experience movement, meditation, breathing, journaling, art and more to awaken and balance your energy body.

Live Music

throughout the workshop!

Chakra Defined

For a more detailed explanation of the Chakra system, see back of flyer.

Experience
the beauty, power and healing of your own inner wisdom.

Awaken
your creative energy through meditative movement and sacred sound.

Connect
with your highest potential through personal exploration, discovery and awakening.

Cultivate
a deeper sense of peace and well being in your life.

Implement
the teachings and tools offered to continue this powerful practice at home.



7 CHAKRAS

by Pieter Willems

www.sanatansociety.com

Fee: \$95 registered by Feb. 21 • \$115 after Feb. 21

Register on-line at www.yogamotion.com or call 406-585-9600

WHEELS THAT HEAL

A chakra is a center of organization that receives, assimilates, and expresses life force energy. The word ‘chakra’ literally means “**wheel**” and refers to a spinning sphere of bioenergetic activity emanating from the major nerve ganglia branching forward from the spinal column. There are seven of these wheels stacked in a column of energy that spans from the base of the spine to the top of the head.

Chakras are not physical in and of themselves. Like feelings or ideas, they cannot be held like a physical object, yet they have a strong effect upon the body as they express the embodiment of spiritual energy on the physical plane. Chakra patterns are programmed deep in the core of the mind-body interface and have a strong relationship with our physical functioning. Just as the emotions can and do affect our breathing, heart rate, and metabolism, the activities in the various chakras influence our glandular processes, body shape, chronic physical ailments, thoughts, and behavior.

By using techniques in yoga movement, breathing, meditation, and visualizations, we can, in turn, influence our chakras, our health and our lives. One example is that of the Muladhara (root) Chakra at the base of the spine representing our connection to the Earth element. This chakra influences feelings of security, safety and belonging. Being ‘grounded’ in the yoga practice we move to develop strength, balance and stamina physically, energetically and psycho-emotionally.

By the end of this workshop you will have developed an understanding of the chakra system and how it effects your personal daily life and patterns of behavior. After applying the various practices for balancing your own chakra system, you will feel a renewed sense of joy, love and acceptance for yourself and others.