

CHAKRA Workshops

with Alice Markel

According to yoga tradition, the subtle body is a part of you that you can't see or touch. It's where the prana, life force energy, flows. There are seven key points in the subtle body that are vortexes of energy known as Chakras. When energy becomes blocked in a chakra it triggers physical, mental or emotional imbalances.

Join Alice for two afternoon workshops that integrate yoga, reiki and meditation to balance each Chakra. Please bring a journal for personal reflection.

This is a 2-part series. \$40 per class or \$70 for 2-part series

Alice Markel has been teaching yoga since 2007. She received her 200 Hour Yoga Teaching Certification from The Temple of Kriya Yoga and her 500 hour Advanced Yoga Teaching Certification with an emphasis in Adaptations from Prairie Yoga. She is a Level 2 Reiki Practitioner.



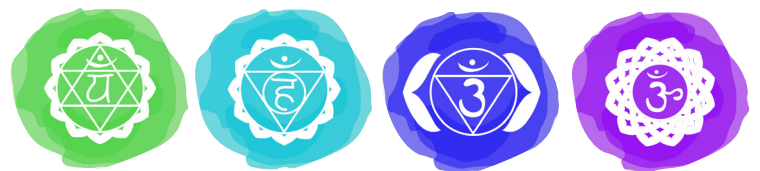
Chakra Workshop **ONE** Sunday, September 15

1:00 - 3:30 pm

Root Chakra Grounding

Sacral Chakra Creativity

Naval Chakra Inner Power



Chakra Workshop **TWO** Sunday, September 22


1:00 - 3:30 pm

Heart Chakra Unconditional Love

Throat Chakra Communication, personal voice

Third Eye Intuition

Crown Chakra Spiritual Realm

 Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

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