

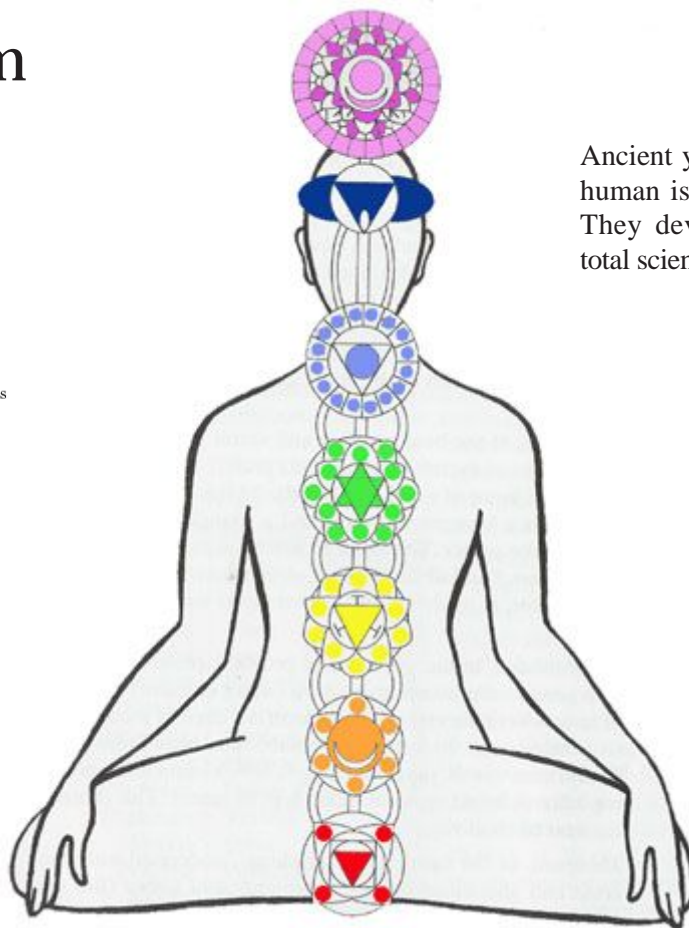
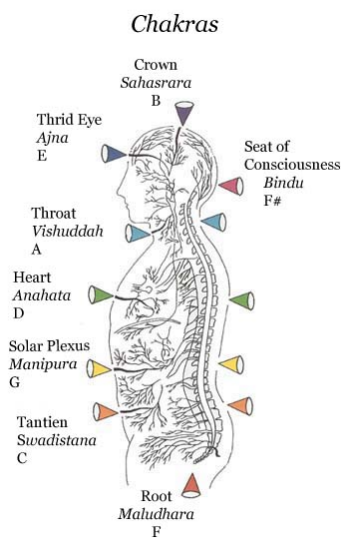
The Yoga Loft presents:

Chakra Yoga

ongoing as of Thursday, June 3, 2010

Thursdays,
7:15 - 8:45pm

Ancient yogis "... found that the life of a human is totally based on these chakras. They developed a whole science. This total science gave birth to Kundalini Yoga."
- Yogi Bhajan



drop in (\$14)
or use your yoga class card

The Yoga Loft
521 E. 4th St., 3rd floor
Bethlehem, PA 18015
610-867-YOGA (9642)



This inspiring class is a weekly journey through the "ladder of lights"; the powerful energy centers of your body known as the chakras. The chakras are located along the major branchings of your nervous system, beginning at the base of your spine, and moving upward to the crown of your head. Because of thier influence on the nervous system, the chakras effect the health of our whole being.

Through Kundalini Yoga exercises and meditations designed to balance and tune the chakras, we will rejuvenate our entire nervous system, bringing health and optimal function to the outer (physical) body, and grace to the inner (subtle) body.