

The Yoga loft presents:

A Kundalini Yoga & Meditation Workshop

Journey Through the Chakras

-  Awaken.
-  Activate.
-  Heal.
-  Balance.
-  Transform.
-  Restore.



The chakras, or energy centers of the body, and their physical counterparts, the glands, are the guardians of our health, well-being and human potential. When we align and balance the entire chakra system, we boost our entire life. This renewed vitality can translate as prosperity, good fortune, renewed lust for life, and a deeper connection to our soul's purpose. Many healers have purported that awareness and healing of the chakra system can be a highly effective self-therapy technique. Ultimately we need a healthy body, strong nervous system, and a strong, bright aura. Kundalini Yoga & Meditation can help produce all of this!

Join Prem for a powerful & transformative healing journey through the entire chakra system. Experience the uplifting of your soul! Yogi tea and Chakra snacks served after class.

Saturday, March 20th
2:00-5:00pm

cost: \$35 in advance
\$40 at the door

call or go to our website to register

www.TheYogaLoftOfBethlehem.com



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