



LivingYoga
Studios

CHAKRA WORKSHOP

\$ 250 + HST



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This workshop is designed to teach both the theory of prana and practical ways to improve the flow and balance of our life force energy. By understanding the chakra system we can discover the interface between this ancient knowledge and modern understanding of our endocrine system.

Learn to apply this healing and life-affirming wisdom in our modern day society and our everyday lives. No experience necessary. Please call or email to reserve your spot.