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The Harmony School of Yoga



Workshop

Introduction to the Chakra System Wheels of Energy



Introducing the seven main energy centres in the body.

Learn:

- ❖ What the chakras are.
- ❖ Where the chakras are located in the body
- ❖ The colours of the chakras
- ❖ How the chakras affect the endocrine and central nervous systems
- ❖ How to balance the chakras through hatha yoga and meditation

Date: 31st August 2008; 1.30pm – 4.30pm (Afternoon tea included)

Venue: 554 High Street Road, Mount Waverley

Cost: \$40

RSVP: 22nd August 2008

Bookings Essential