

Introduction to the Chakras

Yoga Workshop

Saturday 19th July 10.00am to 12.30pm

The Summerhouse at Cliffden Hotel,
Teignmouth



Chakra means wheel and is a representation of a point of energy within the subtle body system.



There are 7 main chakras located at different points along the spine, all are associated with different colours, qualities and elements.



The concept of chakras have their roots in yogic tantric philosophy but they have very practical applications.



They are a useful tool for self-awareness, growth and healing. You will leave the workshop feeling relaxed, refreshed and rejuvenated.



In the workshop we will work with movements, breathwork and meditation practices that help unblock and balance the chakras.



There will be a break for refreshments, Q&A and handouts.



We will finish with a Yoga Nidra (an extended relaxation).



The cost is £20. To book please contact Lisa

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