

Chakra Yoga Class

Join us as we journey through the chakras!

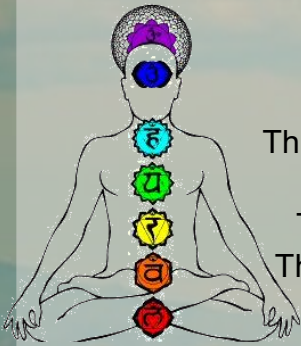
These experiential classes will include chakra-related information, gentle yoga poses, meditation, and journaling.

Each class will focus on one of the seven energy centers and the ways they affect your physical, emotional, mental and spiritual well-being. We will explore self-care practices to help balance your energy centers.

No previous chakra knowledge or yoga experience is required.

Please bring a yoga mat, notebook or journal, a pen & water

Class Schedule



Thurs, Feb. 23rd at 6:30pm– Root Chakra

Thurs, March 2nd at 6:30pm– Sacral Chakra

Thurs, March 9th at 6:30pm– Solar Plexus Chakra

Thurs, March 16th at 6:30pm– Heart Chakra

Thurs, March 23rd at 6:30pm– Throat Chakra

Thurs, March 30th at 6:30pm– Third Eye Chakra

Thurs, April 6th at 6:30pm– Crown Chakra

Classes meet in person at 2042 Broadway Suite 202

Enter through the south side of the building.

Please arrive 5-10mins early as we will lock the doors 5 mins prior to the beginning of class.

\$15 per class

Classes led by Amber Sewell, LMHCA, Certified Yoga Teacher
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