

Chakra Yoga Workshops With Lili Zohar

lili@lilizohar.com

When: Tuesdays January 6-February 10 from 6:30-9:00 p.m.

Investment: Six sessions for \$360.000

*At the International Center for Performance Health, Penthouse
1720 S. Bellaire Street (near I-25 and Colo. Blvd.)*

Chakra means wheel or disk and refers to the spheres of energy created within us by the interpenetration of consciousness into matter. The main six chakras that correspond to the physical body reside along the spine and are centers of activity for reception, assimilation and transmission of life energies. A background and understanding of the Chakras provides a doorway through which we can better understand the various aspects of our lives, and the choices that we make. With this understanding we can begin to work through challenges and pursue goals with more clarity and purpose.

In this six session workshop, we will explore these gateways to a deeper study of the self. The framework of the chakras allows us to become aware of and experience our physical, emotional, energy, mental and spiritual bodies and how they interact. Guided by the thousand year old study of mind, breath and body from the yoga Vedic and Tantric teachings and the more modern application from the fields of psychology, health and spirituality, we will enter into the knowledge and experience of these subtle energy centers. We will work with meditations, yoga postures, breath and sound practices, partner and journaling exercises to discover and explore these vital and information packed centers.

Come for this informative, life changing and fun exploration.

Contact *Lili Zohar* at 303-941-4342 or lili@lilizohar.com.

Registration form and information at www.lilizohar.com.

