



# *Journey In*

## *An 8 Week Chakra Yoga workshop Series*

This eight week program goes beyond the usual regimen of yoga postures to an exploration of the underlying energy system that the various physical postures were designed to stimulate.

The philosophies shared in this series can be applied to an existing or future yoga practice and to life in general. New and past participants will continue to deepen their understanding of how each of the 7 chakras relates to the psyche.

These classes are appropriate for every level and body type. They are designed to stimulate the flow and exploration of energy in the chakras through

- Yoga postures
- Breathing techniques
- Mantra & Visualization practices

**Location:** Inspiration Yoga Studio, 8 Peter St. Orillia

**Dates:** Tuesday evenings, Jan. 10 – Feb. 28, 2012

**Time:** 7 – 8:30 p.m.

**Cost:** \$120.00

To register please contact ***Inspiration Yoga Studio***

Phone: 705-331-0181

e-mail: [inspiratonyogastudio@gmail.com](mailto:inspiratonyogastudio@gmail.com)

*"I am absolutely committed to another Chakra Yoga program. The benefits of the classes are making a difference in my life and have empowered me to search myself with a quest to gain knowledge of my true self and to become comfortable within my own skin."*

*Janice Williams*

This program is being offered by Leah Bergstrom, Virtue Yoga & Thai Yoga Massage. Any questions regarding course content may be directed to [virtueyoga@gmail.com](mailto:virtueyoga@gmail.com) please visit [www.virtueyoga.com](http://www.virtueyoga.com).