

'Yoga & the Chakra's' ...Day Retreat

"Winter Offering"

Exploring the Chakra's ~ Renew and Replenish the Well!

This day retreat is an exploration of the deep healing powers of the Chakra's!

The Chakra's are energy centers located throughout the subtle body. They can become stagnant or out of balance, which can profoundly affect our physical and emotional health, and influence how we interact with the world.

Join us and experience how a gentle yoga practice, sound, meditation and yoga nidra can bring balance to these energy centers while building a strong physical and emotional body in which to contain them!

Begin your new year by "renewing" your energy!!!

January 12th, 2019

9:30am – 4:30pm

at

Unity Farm Sanctuary

Sherborn

Fee \$75 (includes lunch) *Preregistration is required!*



Sandra Dennis E-RYT, YACEP

508-277-8989 or sandra@theyogaleaf.com

www.theyogaleaf.com

686 Worcester Rd., Framingham, MA 01702