

CHAKRA WORKSHOP

@ YOGA FOR ALL (39 Bolton St, Newcastle)

Saturday 17th July 1-3.30pm

Investment: \$45

Bookings essential via: www.yogaforall.com.au/events

In this workshop, we will delve into dynamic and restorative sequences to tune the chakras, the 7 energetic centres that run through the midline of the body. Each chakra has a different quality and affects us physically, mentally and emotionally. When we calibrate the chakras and energy is flowing freely, we feel revitalized, clear and connected to our sense of purpose.

We will explore how each chakra relates to the physical body, such as our hormonal system, as well as how they govern aspects of life, such as "what it means to be grounded" or "to come home". The practice will also include chanting and breathing techniques to thoroughly reset. As we let go of things that do not serve us and cultivate intentions around the things that do, we begin to emerge from the mud like a lotus.

This workshop is aimed at yogis with some experience, however if you are a beginner and you have general range of movement and ability, you are welcome to join and stay with gentler versions of the practice.

Sarah Downs is a Yoga Australia Senior Teacher with over 20 years of teaching experience. She has recently moved to Newcastle and is excited to be part of this rich and welcoming yoga community.

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