

JOURNEY THROUGH THE CHAKRA

Workshop

6 DAYS • 7 CHAKRAS

Ground, self-care, empower, love, express, think clearly and find peace.
These are the stages of the chakras.
Through yoga, meditation, journaling, nature walking, swimming,
arts and crafts and dance we will explore and learn about ourselves and
the world we live in.

WITH PAULA GREENE

AT HAMPSHIRE HILLS ATHLETIC CLUB

All Workshops Are 1:00-6:00 pm

November 21, 2020	First Chakra
November 22, 2020	Second Chakra
January 3, 2021	Third Chakra
February 13, 2021	Fourth Chakra
March 27, 2021	Fifth Chakra
March 28, 2021	Sixth & Seventh Chakra

Individual Workshops	\$90
Full Weekend	\$175
Full Chakra Intensive	\$520

**Continuing Education Hours Given By
Request For Yoga Alliance Members**

**Register at Hampshire Hills
603.673.7123**

