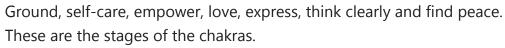
## JOURNEY THROUGH THE CHAKRA

## Workshop

**6 DAYS** • 7 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.



## 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\$90Full Weekend\$175Full Chakra Intensive\$520

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

Register at Hampshire Hills 603.673.7123



