

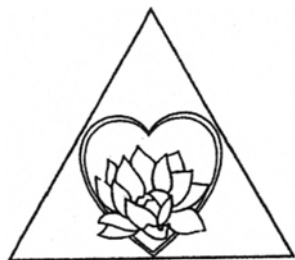
Exploration of the Chakras

Chakra 3: Manipura: "Lustrous Gem"

with live music!

Saturday: April 24, 2010 Time: 1:00 – 3:00pm

\$25 pre-registered \$30 at the door



YOGA CENTER

827 SE 9th Street ~ Deerfield Beach FL 33441

954 ~ 427 ~ 2347

www.yogacenterdb.com

The Solar Plexus Chakra is the center of personal identity. It rules all aspects of personality and ego, especially self worth, self esteem, and personal identity. This influences personal power and freedom of choice.

A Wauters
The Book of Chakras

Chakra 3, the center of entitlement, controls your health.

Caroline Myss




Class includes asana, relaxation, chanting, and guided meditation.
Open to all.

Class taught by Louise Goldberg, MA, ERYT 500, LMT

Accompanied by Rich Foss (Louise's husband) on electronic keyboards.

Rich's CD Music for Dreaming® has been sold internationally since 1982.

Hours may be used toward Yoga Alliance CEU's or 500 hour certification

For more information, contact Louise 

954 977-5035

www.relaxationnow.net