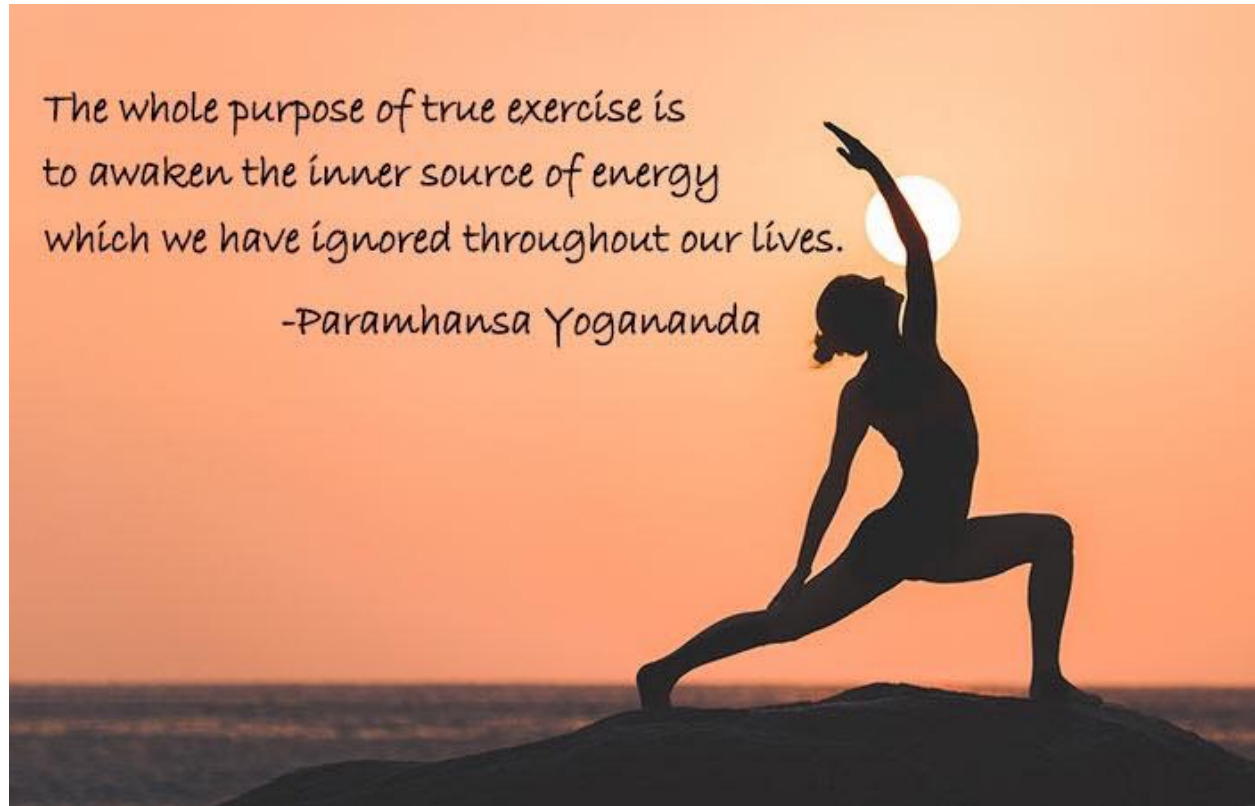


CHAKRA YOGA MINI RETREAT



Exploring Metaphysics of Mind and Body

Judy Grier RN, LMT, ERYT-500

Please join us for an afternoon Chakra Yoga mini retreat, Sunday July 14th
1:30 -5:30 pm at Yoga East Healing Arts Studio.

Realign, Reawaken, Revitalize your energy head to toe. From the root to the crown we will explore opening, releasing, and balancing prana or life force through a complete yoga experience of asana, pranayama, meditation, mudras, mantras, as we awaken to the life force within.