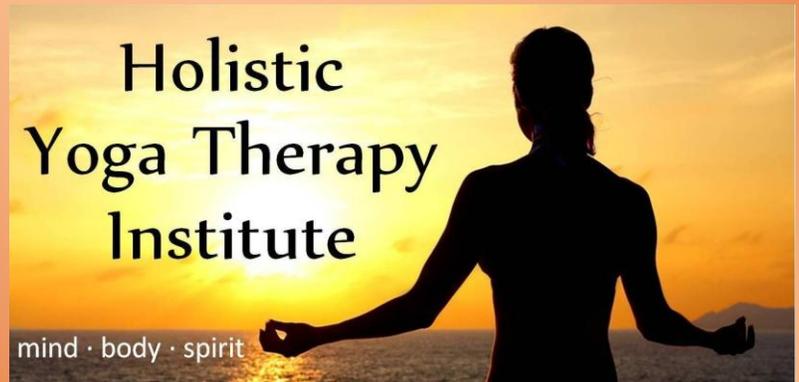




Chakra Balancing

The Chakra Healing System



With Sierra Hollister
Certified Kundalini Instructor KRI, E-RYT

Chakra Balancing with Sierra Hollister

Dates: Fri May 1 - Sun May 3

Times: 6 pm - 9 pm Friday
8 am - 5 pm Sat & Sun

Cost: \$300 thru March 1
\$325 thru April 1
\$325 After

Where: TBD Charlotte, NC

Info: www.yogaclub.us

22 Hrs YA CEC's or towards your
200 HR, 500 HR, or Therapeutic
Yoga Teaching Certifications.
RYS, member IAYT.

The Chakra Healing System Balancing the Chakras with Sierra Hollister

- * Explore the chakra energy system in our subtle body.
- * Learn to balance the energies of the chakras (or "wheel" in Sanskrit) and eliminate blockages for healing.
- * Explore asana sequencing, meditations, and pranayama to balance the chakras.