

The Chakra Series

(from a Kundalini Perspective)

Mondays

5:15-7:00 pm

April 7 through

April 28, 2008

at Well By Nature

The Chakra Training / Series is taught by **Ajeet Khalsa**, certified Kundalini Yoga instructor and healer.

A complete illustrated chakra booklet will be available for purchase during the course

The cost of the chakra series is \$80. for the 4-week intensive.

Due to limited space, pre-registration and payment at **Well By Nature** is required.

➤ Over the course of four weeks, each participant will experience more deeply the flow of Kundalini energy through their spine, release deep stress and tension and expanded awareness in body, mind and more.

For further information or to register, please contact Well By Nature at: 865 584-3864, or email Ajeet at: ajeetyoga@bellsouth.net, or visit: www.sidecrowyoga.com

In this "Intensive Chakra Series" you will...

- Learn the movement of these focal points of energy, in a manner that feels right for your body's level of expertise...
- Practice transformative Kundalini breathing techniques, known as pranayam, to affect changes in spiritual connection, higher consciousness and overall balance...
- Experience each chakra's function on a personal level, to relieve deep tension, and make the best use of their power on your mind and body...
- Strengthen and heal your inner elements of earth, air, water and ether through vigorously challenging kundalini kriyas...
- Practice awareness meditations (mantras and mudras), and develop deep relaxation techniques you can utilize every day to uplift, energize and heal...