



Chakra Exploration

7 Interactive Classes

Innerpeace and Wellness Center

1073 Pottsville Pike

Shoemakersville PA 19555

610-401-1342

\$40/Class

Register for Full Course & Save

\$210 (\$30/Class)*

Each class will feature an in-depth experience of the featured chakra. Come explore the colors, the sounds, the aroma of each chakra.

- * Learn how each chakra has an impact on your daily choices
- * Learn how to recognize if your chakra is over or under active.
- * Learn what food is associated with each chakra.
- * Experience how music and movement can help bring about balance.
- * Experience each chakra's mantra and meditation.

All Classes are on Saturdays 11:00-1:00

Root July 17th

Sacral Chakra Aug 21

Solar Plexus Sept 25

Heart Oct 16

Throat Nov 20

Third Eye Dec 11

Crown Jan 15

To Register

Call 610 401 1342 or visit
innerpeaceandwellnesscenter.com

**ask about payment plan options*



Mūlādhāra



Śvādhyāna



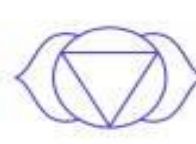
Māṇḍūkya



Anāhata



Vīśuddhā



Ājñā



Sahasrāra

