



Wellness Thru Yoga Workshop

Pathways for Personal Transformation: The Charka Energy System

Learn to better understand the flow of your internal energy system. Interpret what your body is saying to you. What are your issues and what makes you tick? Do you know which yoga asana and breathing techniques can help relieve energy blockages?

WHO: You and Friends

WHAT: Wellness Thru Yoga Workshop

WHEN: Saturday September 17, 2011, 9:30am – 12:00N

***WHERE: Northminster Presbyterian Church –1660 Kessler Blvd East Dr,
Indianapolis IN 46220***

\$25.00 Paid in Advance by September 12, 2011

\$35.00 Cash @ Door

Learn different yogic methods of improving the balance between the mind and the body under the three unique instructional styles of Barbara, Kathe and Vickie. Stay for snacks afterward, make new friends and ask questions of the instructors. Bring a friend, your mat and props, wear comfortable clothes and join in the camaraderie of being with others experiencing a morning filled with the joy and therapeutic benefits of yoga in this wonderful, safe and peaceful setting.

To register call or email:

Barbara (barbara@yogaworxindy.com 546-7650),

Kathe (pathofkath@comcast.net 257-2955) or

Vickie (vlhague@sbcglobal.net 607-4764)

Testimonials from Prior Workshops: “I appreciate the pace, attention and variety of three instructors”; “Just love how I feel afterwards”; “Please do it again”; “Loved it and feel amazing”; “Excellent workshop – you are a great team”.