

a journey through the Chakras



valerie d'ambrosio

Thursday, May 12

7:30-9:30PM

Instructed by Valerie D'Ambrosio

- :: All-level Asana practice with discussion
- :: Discover the basic principles and aspects of each chakra
- :: Learn how the chakras affect your overall health

Members \$20 | Non-Members \$35



For more information contact Hayley Hobson at 303.501.1700 ext. 204 today.

*This is a very deep emotional practice