

Chakra Workshop with Valerie D'Ambrosio at Shine Gathering Place



Sunday, January 29th

Join Valerie D'Ambrosio on a spectacular journey of the Chakra System. In this workshop we will integrate an all-level asana practice with discussion while discovering the basic principles and aspects of each chakra.

Learn how they chakras affect your overall health and how to balance what has become blocked or overloaded, in order to move toward health, vitality and harmony throughout your body.

*This is a very deep emotional practice. Some yoga experience necessary. Please bring a notebook.**



Date: Sunday January 29, 2012
Time: Workshop 10-12:30 Lunch following
Cost Pre-event: \$43 (lunch included)
Cost day of: \$48 (lunch included)
Location: SHINE gathering place
2027 13th St Boulder, CO 80302
303-449-0120 (call to register)



Founder of Hanuman Festival, local coach and teacher, Valerie D'Ambrosio's passion lies in guiding individuals to connect with the emotional, physical and spiritual body. By blending asana, meditation and pranayama, she feels it is a doorway for the practitioner to deepen their intuition and develop a stronger connection to their core truth. Valerie holds retreats throughout the year locally and globally. For more information go to her website www.organictwist.com