

Yoga on the Square presents Laura Tyree

Chakra Yoga Workshop

Manifest your Destiny

When we learn to live in balance, the opportunity to receive and experience the life of our choice is at its closest. Through the ancient study of the chakras, this balance is made available to all. Harmony between the heart, the mind, the body, and the soul creates a direct path to manifest our dream into reality.

Friday and Saturday :: February 26-27 :: 2010

Friday discussion 7-9pm.....\$25/\$20 advanced

- ≡ Discover the roots of what you want
 - ≡ learn basic information about chakras
 - ≡ discover from your emotional expression, how to recognize where you are not in alignment
- Open to all levels.**

Saturday practice (Chakras 1-4) 9am-12noon.....\$40/\$35 advanced

- ≡ using the breath to manifest balance (Dhirge Pranayama)
- ≡ balancing the chakras with asana (standing poses, twists, core work and backbends)
- ≡ learn how to adjust your environment, your food, and your relationships to support the re-balance and empowerment of your life

Saturday practice (Chakras 5-7) and lecture 1:30pm-4:30pm.....\$40/\$35 advanced

- ≡ balancing the chakras with asana (mild backbends and supported inversions, pranayama, meditation)
- ≡ learn how to adjust your thinking to bring about Present Moment Awareness
- ≡ create your own personal mantra to facilitate your dream coming to fruition

Full workshop \$105/85 pre-registered before Feb 20

"When the chakras are in better balance we begin to move from our core, blossoming into yoga postures from inner strength and awakening internal energy alignment through the chakras." JJ Gormley-Etchells

Chakra study is based on the bio-electric currents of the body, their flow, intersection, and generation. Like blood, there is a systematic movement that strengthens and facilitates health throughout the body; the healthier the flow, the healthier the person. Creating synergistic balance allows this flow to operate at optimum efficiency, increasing vitality and deepening the personal relationship with the self.

To learn more about Laura, visit www.lauratyree.com

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