

Sign up now for this Popular
& Transformative Workshop!

Next one not until January!

Awaken Your Chakras

Through the fusion of mind & body

With over 37 years of combined experience, Transpersonal Psychotherapists **María Shea & Lucy Pirner** (also a Registered Yoga Teacher) are excited to be offering this cutting edge opportunity to explore the inner depths of yourself, remove negative programming, find more happiness and nourish peace~

Fusing mind and body, you will be led through *gentle yoga poses, guided imagery, meditation* and gain the basic psychological understandings of the chakra system. Through this workshop, thinking and behavior can change as your body integrates this knowledge at the cellular level. Reflective journaling and action plans will provide you with the tools to change your life.



Saturday April 14th, 2012 11am-4:30pm

Workshop held at: Inspiring Actions Yoga Studio & Wellness Center
1810 Webster St. Hudson WI

Cost: \$135 if registered by March 1st.
Originally \$150.

Register on line at www.inspiringactions.com, in person, or call (715) 381-3148

- Please plan to arrive 10-15 minutes early.
- Wear loose, comfortable clothing. Dress in layers.
- Bring a water bottle and a light, healthy lunch to eat on-site.
- Yoga mats are available, but feel free to bring your own

Questions? Contact Lucy or María at www.awakencounseling@wellness.com

