



Awakening, Balancing, & Enlivening Ourselves *a Chakra Yoga Workshop Series in 2012*

Sun Mar 11 – 3rd Chakra / Navel Center

Sun Apr 15 – 4th Chakra / Heart Center

Participants are invited to sign up for either or both.

Time: 1:00 – 4:00pm

Location: Edwardsville Fitness Studio, IL
www.edwardsvillefitnessstudio.com



Teacher: Rhonda Mills

Fee Request: \$50: \$40 if prepaid 5 days prior to the workshop.

Registration: Contact Sally Burgess at (618) 779- 5378 or edwardsvillefs@gmail.com.

The awakening of *Kundalini Shakti* is at the heart of *Tantra*.



We suffer in grief, doubt, and fear only when Kundalini is asleep. The purpose of Kundalini awakening is to come to **understand ourselves**, and **know and rejoice in our essence**; to dispel confusion, fear, and doubt; to heal ourselves; to integrate and **balance our thoughts, speech and actions**; to **experience life as beauty, joy, and bliss**: in other words, to **empower ourselves to live life fully** both in a spiritual and worldly sense. At the workshop we will learn about, discuss and practice Meditation, and Asanas (yoga poses), Pranayama (breathing, sensing, and working with Pranic energy), and Relaxation to awaken, balance, and enliven particular Chakras, which are intersection of nadis (energy pathways) in the body.

Chakra

Purpose of concentrating Pranic Energy in Specific Chakra

3 rd Chakra– Manipura	Stabilize and empower our bodies and lives; balance desire & action; enhance creativity & abundance; and support our bodies' health and vibrance.
4 th Chakra–Anahata	Heal emotions, awaken and stabilize connection with the divine/higher Self; awaken contentment & call forth full engagement and higher purpose in life.



Rhonda Mills, ERYT500 II and BodyMind Coach, began dancing as a child and hasn't stopped yet. She has a life-long interest in spirituality, and centers her Yoga studies at the Himalayan Institute since 2003. Learn more at RhondaMills.com.