

THE ART OF B·A·L·A·N·C·E PRESENTS:

# CHAKRA YOGA

March 27<sup>th</sup> – May 15<sup>th</sup>, 2019

(no class May 1st)

**Wednesdays**  
**6:30 pm**

**Studio #203**  
**2710 39<sup>th</sup> Ave,**  
**Vernon, BC**  
(Vernon Optometry)



Each one of us has a network of nerves and sensory organs that are there to protect our body. On another level, a subtle system of channels (nadis) and centers of energy (**chakras**) can be found. These look after our physical, intellectual, emotional and spiritual being.

**Chakra yoga** combines yoga postures with other aspects of yoga to balance these energy centers. Understanding the chakras will give you self-knowledge at every level of your being and, by learning to keep the chakras balanced, you will attain optimal health and function at your fullest potential.

Come and learn how to connect with each chakra through asana (postures), mantras (affirmations), mudras (hand positions), and sound. Handouts will be available, and all postures will be modified if needed.

**Limited space available**

Reserve your mat today  
**Investment: \$89**  
(taxes included)

**Pre-registration is required**



B reath  
A wareness  
L engthen  
A lignment  
N eutral  
C ore  
E xperience



FITNESS | HEALTH | WELLNESS



**RHONA PARSONS | CPT. RYT-500**

An internationally recognized Yoga Instructor who has been helping others get the best out of life through Fitness, Health, and Wellness for over 19 years. She is a highly accomplished Bender Ball Master Trainer and teaches Pilates, Pfilates, Personal and Group Fitness, and is a MELT Hand and Foot Instructor. Rhona specializes in Functional Training, Posture, Core, Balance, and Pelvic Floor Fitness.

*"I look forward to sharing this amazing work with you – it will only improve your life!"  
What do you have to lose?*

**Connect with Rhona:**

[pilates4life@hotmail.com](mailto:pilates4life@hotmail.com)  
[www.bodyworksbms.com](http://www.bodyworksbms.com)