



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

Sat Feb 11 – 6th Chakra / Brain Center

Sun Mar 11 – 3rd Chakra / Navel Center

Sun Apr 15 – 4th Chakra / Heart Center

Participants are invited to sign up for all three, or any one or two they'd like to attend.

- 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; or \$105 for all three by February early registration date.
- 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

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| 6 th Chakra–Ajna | Awaken knowing, clarity, intuition, ability to focus, and refined aspects of discernment and the mind. |
| 3 rd Chakra– Manipura | Stabilize energy; balance desire & action; enhance creativity & abundance; awaken empowerment, 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 & ParaYoga Certified Teacher Level II, 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.