

INSPIRING PASSION

A 7-week Series Exploring the Chakras and the 5 Elements



Saturdays, October 3 to November 21 , 3 to 5 pm
Yoga by the Sea Studio or Online (Zoom)

Pre-registration, \$303

contact lyne@lyneyogatherapy.com to register,
for detailed description: <https://lyneyogatherapy.com/workshops/>

Lyne Lantaigne B.Ed, BFA, Certified Yoga Therapist (IAYT)



- Unmanifest – Crown Chakra

- Sapce – Third Eye Chakra

- Ether – Throat Chakra

- Air – Heart Chakra

- Fire – Solar Plexus Chakra

- Water – Sacral Chakra

- Earth – Root Chakra

