INSPIRING PASSION

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

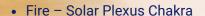
Saturdays, October 3 to November 21, 3 to 5 pm Yoga by the Sea Studio or Online (Zoom) Pre-registration, \$303

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

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







Water – Sacral Chakra

Earth – Root Chakra

