

Soul Life Presents

Chakras & Energetic Anatomy Weekend Immersion

with **Dennis and Kathy Lang**, E-RYT500



♥ Soul Life



Oct 1st - 3rd

Friday 6:00 - 9:00p

Saturday 9:30a - 4:30p

Sunday 9:30a - 4:30p

Want to learn more about the fascinating subject of chakras? Come join us as we dive deep into the conceptual models of energetic anatomy and contrasting theories of chakras. The weekend will include practices such as Yin Yoga with live music and Kundalini Yoga with seven chakra crystal bowls incorporating visualization and affirmations for holistic healing. We will review tools to see if your chakras are out of balance and discuss a multitude of ways to balance them. Open to teachers and non-teachers alike - no prior yoga certification required.

All will receive certification as well as electronic class notes and slides. 15 hours of Yoga Alliance CEU's available. Early Bird Discount - \$400, after Sept. 17th - \$425.

Price includes vegan, live food lunch on Sunday provided by Chef Rosaria from This Chick Can Cook



To reserve your spot, go to www.soullife.us
or email soullifejourneys@gmail.com

Location: 12735 Gran Bay Pkwy, Jacksonville, FL

