

# Chakras On and Off the Mat



with

anne  
van de water

From the Yoga perspective, life is energy. In our yoga practice we experience this energy as a unified force, but it also appears in distinct energy centers called chakras. The chakras are energy centers of vital life force within the body, each with their own role and purpose in the universal connection of body, mind, heart and spirit. The chakras effect us on all levels: physically, mentally, emotionally and spiritually. In this day-long workshop we will learn how to clear stagnant energy from and awaken the chakras, tapping into their unlimited source of vital life force energy.

## On the Mat

we will connect to the chakras in our yoga and meditation practice using:

- yin and yang yoga postures
- sacred chants
- creative color visualization

All Levels are Welcome

☯ light vegetarian lunch is included

## Off the Mat

we will connect to the chakras out and about in our daily lives by learning about:

- the colors of the environments in which we live and work
- the colors that we wear
- the foods we eat
- the gems that we wear or bath with
- the essential oils that we use
- the elements that we live with
- how to dissolve unhealthy chakra connections to others, and reconnect via the balance of the heart chakra supported by the earth and sky

\$70

Saturday, May 2, 2009 • 10:00am - 4:00pm

**ANNE VAN DE WATER** is an Experienced Registered Yoga Teacher by The Yoga Alliance and to date has taught over 8500 hours of yoga all over the world in yoga centers, cancer centers, hospitals, schools, ashrams, retreats, at her student's homes and at her mountain abode. She holds a BA in Religious Studies from UCSB, a passion that was driven by her love for the spiritual life that lead her to become a yoga teacher. From a young age Anne's life was filled with the beauty of a very colorful inner life that very much effected the way she felt on all levels of her being and in her outer life. It was not until she began her devoted pursuit of practicing yoga that she discovered that the inner colors and energies that she had experienced her entire life were the chakras. To this day she continues to explore the chakras and loves to share her adventurous discoveries with her students, friends and family. Anne's on-going mission in all of her teaching is to support her students in connecting with the Source of life force energy within them and all around them.



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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.