

YOGA AND THE CHAKRAS:

3RD CHAKRA

THE WILL OF THE SPIRITUAL WARRIOR

1 Day Anusara - Inspired Yoga Workshop with Atira Tan
26th October SUNDAY 1 - 5 pm
The Yoga Lab East Brunswick



This chakra workshop focuses on our relationship and understanding of the chakra system in our bodies through asana, meditation, pranayama, art and mantra. In our journey into the third chakra, we will discover our power source, focus on building our self esteem, and harness our personal power and will. Learn how to tap into your center of abundance, and feel more connected to yourself, the world around you, and cultivate a sense of peace and balance in your daily life. **Bookings Essential!**

Cost: \$65 Full/ \$55 Conc.

Bookings: Atira Tan 0498110777 atira@tigressyoga.com

Venue: The Yoga Lab 494 Lygon Street East Brunswick



Atira Tan is an Anusara - Inspired Yoga Teacher (500 hours YTT), Expressive Art Therapist, Dance Facilitator, Holistic Counselor and Coach. She weaves in her passion for breath, meditation and movement, moving through our yoga practice from within. Her yoga classes empowers her students to awaken to their own innate wisdom & love.

YOGA AND THE CHAKRAS:

3RD CHAKRA

THE WILL OF THE SPIRITUAL WARRIOR

1 Day Anusara - Inspired Yoga Workshop with Atira Tan
26th October SUNDAY 1 - 5 pm
The Yoga Lab East Brunswick



This chakra workshop focuses on our relationship and understanding of the chakra system in our bodies through asana, meditation, pranayama, art and mantra. In our journey into the third chakra, we will discover our power source, focus on building our self esteem, and harness our personal power and will. Learn how to tap into your center of abundance, and feel more connected to yourself, the world around you, and cultivate a sense of peace and balance in your daily life. **Bookings Essential!**

Cost: \$65 Full/ \$55 Conc.

Bookings: Atira Tan 0498110777 atira@tigressyoga.com

Venue: The Yoga Lab 494 Lygon Street East Brunswick



Atira Tan is an Anusara - Inspired Yoga Teacher (500 hours YTT), Expressive Art Therapist, Dance Facilitator, Holistic Counselor and Coach. She weaves in her passion for breath, meditation and movement, moving through our yoga practice from within. Her yoga classes empowers her students to awaken to their own innate wisdom & love.