

Chakras!

Sundays 10/30, 11/6, 11/13 -12:30-2:30 &

Saturday 11/12 -2-4 pm * must attend all classes*

Pre-registration required, \$120 (please sign up online or at the studio)

sound, movement, visualization, affirmation

Join Shaina on a journey through the Chakras - a system of energy centers throughout the body. This **four week workshop** will offer tools for bringing your life into balance through the lens of this ancient system. Learn practical methods of healing in this fun and interactive setting. **We will work with sound (mantras), movement (yoga), visualization, artistic expression, and affirmation**, to bring about a renewed sense of self-awareness and personal empowerment.

Shaina Traisman After graduating from Samadhi's esteemed Yoga Teacher Training Program in 2003 Shaina served as a mentor for the program two years in a row. She has studied with countless inspirational teachers over the years in the U.S. and in India. In April of 2010, Shaina completed a 200 hour Ashtanga Yoga teacher training in Rishikesh, India with the famously loved and respected Kamal Singh.

It has been through yoga that Shaina has experienced profound healing in her life. Her primary goal as a yoga teacher is to share with others the tools that have offered her immeasurable amounts of clarity, strength and peace of mind.



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