

High Desert Yoga presents

Yoga for the Chakras

a class series

with Niki Feldman

April 9–May 21, 2018



Niki has taught Yoga for 18 years and practiced Massage Therapy for 22 years. She is still amazed by the strength and resilience of the human body, as well as the body-mind connection.

There are seven Chakras, or energy centers, in the body that can become blocked or over-active from long-held tension, low self-esteem, or over-stimulation. Practicing yoga poses that correspond to each chakra can restore balance in the corresponding area and promote healing and personal evolution.

These seven classes (one class for each of the Chakras) will be held during the regularly scheduled Yoga for Lunch Monday Class.

Classes will include relevant music and a one page hand-out.

Mondays 12:00–1:00 PM

For all levels

Fee: \$90 + tax (96.75) for the series

Drop-in: \$15 per class (includes tax)

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