



The Green Bough Presents:

GATEWAY CHAKRA QIGONG



activate, cleanse &
balance your chakra
energy system

A Five Class Series
with instructor Linda Vucelich.

OCTOBER 2, 9, 16, 23 & 30, 2008

From 6:45 to 8:00pm each evening

(please pre-register with payment by Sept.30, 2008)

Chakras (wheels) in the yogic tradition, are centers of energy, each corresponding to an organ, a gland and an aspect of personality.

The seven main levels of consciousness and energy which are processed through these centers will be explored with movement, meaning, connection and color.

Included with the series will be a packet of information, and a protocol for assessing your individual chakra states.

Cost is \$75 for the series.

A discount is available for two persons signing up together (\$70 each)