

# Seven Windows to the Soul: A Seven Week Chakra Series

**7 THURSDAYS, MARCH 4-APRIL 15**

6:00-9:00pm

## LOCATION

Larkspur Landing

## PRICE

\$300 before February 14; \$325 after

\$45 Drop-in (space permitting)

## REGISTER

415.925.2440

**The chakras represent the architecture of the soul and the yoke of yoga** — this series will focus on one chakra each week, beginning with the base, or first chakra, and proceeding step by step to our true nature as divine consciousness.

Each class will contain asana practice, pranayama, meditation and discussion, including partner work, chanting and lots of fun!

This series is equal to the basic chakra weekend in the Sacred Centers Certification Program which has been taught all over the world.

**Anodea** began her study of yoga in 1975 with Satchidananda's School of Integral Yoga. Since then she has written several best-selling books on the chakras, *Wheels of Life*, *Eastern Body-Western Mind* and created an award-winning DVD, *The Illuminated Chakras*. A world-renowned expert on the chakra system, Anodea has traveled internationally for the last 15 years teaching and lecturing. She holds an MA and PhD in psychology, specializing in somatic therapy, yoga, trauma recovery, spiritual awakening, and evolutionary activism.

**All  
Levels  
Workshop**



**with  
Anodea  
Judith**

