

# CHAKRA MASTER CLASS

with anne devismes

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friday september 25, 18:30-20:30

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## A JOURNEY THROUGH THE SUBTLE BODY

This class is for everyone who is curious about the subtle aspects of yoga and wants to feel energized and grounded and to find clarity.

The session includes some theory about the chakras, chanting and meditation, and a sequence of poses specifically designed to connect with each of the chakras.

Open to all levels. No previous knowledge of the chakras and the subtle body is necessary. Join us as you are for this unique journey.

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**INVESTMENT:** 450 NOK

**REGISTRATION:** [aterrayoga@gmail.com](mailto:aterrayoga@gmail.com)

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Registration is binding. No refund for cancellation.

[www.terrayoga.no](http://www.terrayoga.no)



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