

Integral Yoga[®]

Princeton Community Center

a 501(c)(3) tax-exempt charitable organization

The Place for Yoga in Princeton!

Awakening the Chakras

A special 5-hour Workshop with Jayadeva

Saturday April 14th 1 - 6pm



Open to deeper, healing awareness of the 7 main subtle energy "wheels" in the body, the Chakras. By using asanas (postures), visualization, sound, breath to discover, explore & activate these vital centers of your being.

Both beginners and advanced students will find
Awakening the Chakras enjoyable.

Online Registration \$45 (\$40 for IYCC Members)
At the Door \$50 (\$45 for IYCC Members)

Princeton IYCC (at the Princeton Shopping Center)
301 North Harrison Street, Princeton, New Jersey 08540
www.IYCCprinceton.org (609) 454-3140 info@princetonyicc.org