



Chakra Yoga with Sadie Bartram

+

Chakra Aromatherapy with Lynn Weaver

Experience the bliss of clearing and balancing your chakras through Sadie's gentle, powerful yoga asanas (postures) and take home easy ideas for maintaining this balance through aromatherapy.

Includes a handout with an asana, oil, and affirmation for each chakra.

Friday May 6<sup>th</sup> 7:00 - 8:30pm

\$20 + HST

Mother's Day special: mother + daughter = 50% off!

**Art House: 1756 Wilmot Ave, Shawnigan Lake Village**

For information or to register: 250 743 5846; [MoonDanceArts@yahoo.ca](mailto:MoonDanceArts@yahoo.ca)

[www.MoonDanceArts.ca](http://www.MoonDanceArts.ca)

