



# Chakra Workshop Series

## Yoga, Meditation & Attunement

*"On such things as matter we have all been wrong, what we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter." ~ Albert Einstein*

**Mercy Center for Integrative Medicine & Wellness  
3930 Sunforest Court (off Sylvania Ave.)**

### Instructors

- \*Jenn McCullough, Certified Yoga Instructor, Registered with Yoga Alliance
- \*Tobie Saad, Certified SomaEnergetics Teacher and Practitioner

### Chakras 1-7: An Introduction

**Saturday, January 12<sup>th</sup>, 1-4 p.m. Registration Deadline: December 31**

This program is intended to demystify the chakra system and to make it relevant to an on-going yogic practice. We identify each participant as an enlightened master who has the potential for co-creating balance, health, happiness and prosperity in his or her life. We invite each participant to determine the intersection between this information and his or her mastery in the cultivation of a personal practice. Students will experience their bodies as living, soulful soundscapes through yoga postures, breath work, meditation, artistic expression, chanting and Solfeggio tuning forks (musical instruments).

## Chakra 1

**Saturday, February 9<sup>th</sup>, 1-4 p.m.    *RegistrationDeadline: January 26***

The root chakra reconnects us with a sense of rootedness to the Earth, our support systems and our bodies. Theme: groundedness.

## Chakra 2

**Saturday, February 23<sup>rd</sup>, 1-4 p.m.    *RegistrationDeadline: February 9***

The sacral chakra invites us to flow with our creative, dynamic and sensual nature. Theme: fluidity.

## Chakra 3

**Saturday, March 8<sup>th</sup>, 1-4 p.m.    *RegistrationDeadline: February 23***

The solar plexus chakra ignites the internal fires that radiate life force energy to all our work, both internal and external. Theme: power.

## Chakra 4

**Saturday, March 15<sup>th</sup>, 1-4 p.m.    *RegistrationDeadline: March 1***

The heart chakra expands our capacity to give and receive love in a healthy, balanced and compassionate way. Theme: heart.

## Chakra 5

**Saturday, April 5<sup>th</sup>, 1-4 p.m.    *RegistrationDeadline: March 22***

The throat chakra expresses and interprets the truth. Theme: communication.

## Chakra 6

**Saturday, April 19<sup>th</sup>, 1-4 p.m.    *RegistrationDeadline: April 5***

The third eye chakra witnesses the unveiling journey along the path of conscious living. Theme: wisdom.

## Chakra 7

**Saturday, May 3<sup>rd</sup>, 1-4 p.m.    *RegistrationDeadline: April 19***

The crown chakra integrates the unfolding development of wisdom with the transcendent quality of universal consciousness. Theme: oneness.

## Chakras 1-7: A Review

Saturday, May 17<sup>th</sup>, 1-4 p.m.      *RegistrationDeadline: May 3*

In our final class, we will review the Chakra system through a comprehensive posture routine and guided meditation. The second part of this course culmination will be a practicum where the students will work in common in the development of a practice tailored to their individual needs.

### Fees

9 classes (full series) = pre-deadline \$300 / post-deadline \$330

1 class = pre-deadline \$40/post-deadline \$50

### To register, please contact:

*Jenn McCullough:*

yoga.jenn@sbcglobal.net or (419) A-OM-YOGA (266-9642)

www.yogajenn.net (under construction)

or *Tobie Saad:*

therese.lefleur@gmail.com or (419) 699-6370

www.nonordinaryreality.com

### Please visit the web page below.

**Our intention is to post supplemental information throughout the Chakra Workshop Series. This dynamic web page will grow and develop as we journey through the chakras together. We hope the content will inspire and intrigue you to stay tuned.**

<http://nonordinaryreality.com/chakrayoga.html>

photo credit: [www.yogalifestyle.com](http://www.yogalifestyle.com)