



Chakra Cleanse & Release Sessions

Join us once per month for a cleanse and align your chakras session!

As vibrational beings we are bombarded with energy and information on a daily basis; not to mention the generational programs and patterns we've been carrying with us since birth. These two-hour sessions include gentle yoga for chakras, a full guided release of all the lower vibrational energies and time to affirm our alignment to wholeness, wellness, happiness and freedom.

Afterwards we will enjoy some tea, snacks and talk story!



This is an energy class that will focus on the emotional/spiritual body most. We will discuss the kleshas (the deeper tendencies) that are obstacles to spiritual growth. It's when we're aligned that we feel a sense of deep peace, and connection.

Sunday May 21st
 Sunday June 18th
 Sunday July 16th
 Sunday Aug. 20th
 Sunday Sept. 17th
 Sunday Oct. 22nd
 Sunday Nov. 19th

10am-12pm

Keep these dates in mind if you'd like to join us.
 Text me a few days before the class (if can) to reserve your spot.

Session is 2 hours. \$50

Bring a warm sweater and socks in case the deck gets cool.

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Aloha & Namaste