

MYS California presents



A WORKSHOP FOCUSING ON THE LOWER CHAKRAS



Building a strong foundation for our upper Chakras to rest upon. We will perform a *Guru Ram Das* healing meditation that activates all Chakras.

“Feel your body becoming a Golden Temple for your soul”

We will conclude the 2 hour workshop with an amazing, energizing *Gong Bath*, a healing tool for the mind, body & soul.

The Workshop is conducted on our luxurious imported Kundalini Wool Mats.

Workshop will be presented by **Helen Lynch** IAYT800, RYT500, Educational Director *MediYoga* in USA.

Seaside Yoga Sanctuary

Seaside, California

Friday May 8th 7-9pm \$30

www.seasideyogasanctuary.com

www.medicalyogasweden.us

