



Chakra Wisdom

Deepen your connection to your inner wisdom using movement, breath, sound, and guided visualization. We all have meaningful questions about our lives that the mind can't answer. You will be guided through the Chakras (energy centers in the body) allowing the immense wisdom in your body to give you the answers.

No previous experience needed. **LGBTQ+ friendly.**



- Gain clarity
- Decrease stress
- Increase intuition
- Improve your wellbeing



When & Where:

Saturday September 9th from 1:00-3:30

@ Seaside Yoga Sanctuary - 300 Grand Ave., Pacific Grove
&

Sunday September 10th from 1:00-3:30

@ Yoga Salinas - 44 Plaza Circle, Salinas



Cost: FREE donations accepted

RSVP: Space is limited

To RSVP or for questions contact Jill at 831-277-4869 or

Jill@SalinasTherapist.com



Lead by Skydancing Tantra Teachers in Training
Jill Michelle Babbitt and Bryan Morse