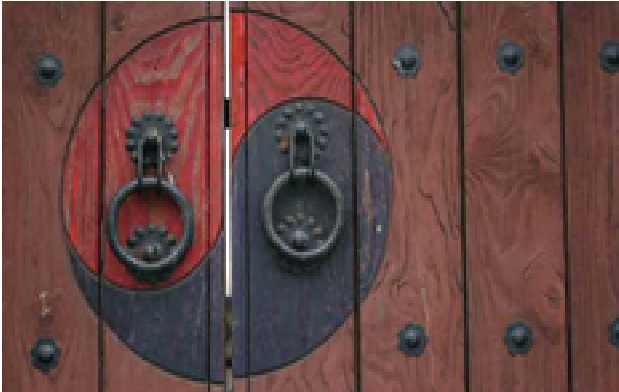


Yogatsu® SOULutions Workshop Series



Saturday, March 9: 9am-5pm
& Sunday, March 10: 9am-5pm

2666B Prairie Avenue, Evanston

\$235
includes materials, lunch and snacks

Register by March 6
847-271-7348 or suzen47@gmail.com

CHAKRA 101

Instructor: Alice Percy Strauss, Founder, Yogatsu® Institute

The Chakras are spiraling vortexes of energy that vibrate at frequencies equivalent to your biological history, biographical story, and your inherent psycho-spiritual wisdom.

In *Chakra 101*, you will learn how to utilize chakra insights to unearth your core-truths, hidden talents, and life-purpose potential. Moreover, you will learn how to hear, trust, and use intuition for greater success in all areas of your life.

You will realize the gifts of the past, and learn how to make the most of your present and future life because of it. Though it is impossible to avoid pain, illness, change, crisis, and loss we do not have to let those experiences rip us apart, and with chakra guidance we know how not to let that happen.

Upon completion of Chakra 101, you will be able to:

- Connect the dots between chakra imbalance and illness
- Discover the ultimate benefit of learning from life challenges and traumas
- Move through tough times with clarity, understanding, and wisdom
- Embrace your ability to create lasting change and transformation
- Determine your intention before acting—avoiding guilt or regret later
- Live consciously, creatively, and compassionately with self and others

Yogatsu® Institute for Conscious Living and Healing Studies
(702) 504-5602 • www.yogatsuinstitute.com