

Chakra Movement Series

with Natalie

June 6th, 13th, 20th, 27th

9:00-10:30 am

This class is designed to support and deepen your ongoing healing journey- helping your body more fully integrate change while cultivating a clearer understanding of how energy is held and expressed within you.

- Each week we will focus on key areas of the body and energy centers using yoga poses, somatic movement, breath work and sound healing*
- You will receive take home practices and affirmations to continue progress*
- This class is designed to deepen your awareness, free tension and balance your energy centers*

\$40 for the 4-week series

If you feel called to explore energy and healing through intentional movement and sound, this movement series may be exactly the next step you've been looking for.

Email Points of Stillness at info@pointsofstillness.com to register.

Space is limited