



# The Art of Being a Woman

**Yoga Teleconference** ~ *Running bi-annually for over 6 years!*

*This series of courses includes a 40-day home-based Kundalini yoga and meditation practice with guided journaling and weekly teleconference calls. We will learn and discuss the unique design of a woman and how to apply our gifts for support, healing, courage, and change. Each chakra course stands alone.*

*Join at any time; beginners are welcome!*

*7<sup>th</sup> and 8<sup>th</sup> Chakras~*

*The Divine Higher Self Guides the Way*



*Mondays from 6-7:30 PM ET/ Oct 2- Nov 13, 2017*

**Details:** A 90-minute teleconference call once a week on Mondays from 6 through 7:30pm ET, 15-30 minutes of daily yoga, meditation and journaling. A video clip and detailed instructions for yoga. You will need a folder for materials, a journal, a timer, an email address and the ability to print documents.

**Enrollment:** Go to [RelationalHealth.net/mary-straub-pargas/](http://RelationalHealth.net/mary-straub-pargas/)

**\$245~ Active sharing participation** in the class requires you to be there most Mondays for 7 weeks. The sharing time is not recorded, and is considered confidential between the participants and instructor. You receive the full chakra yoga and meditation practice, all the teachings, weekly journal focus, and recorded classes each week. You have unlimited access to the recordings at any time for the length of the course.

**\$195 ~ Non-active participation** in the course which allows you to receive the full chakra yoga and meditation practice, all the teachings, weekly journal focus, and recorded classes each week. You have unlimited access to the recordings at any time for the length of the course.



**Mary Straub Pargas, M.A.** is a certified Yoga Therapist and a Resident in Counseling for The Center for Relational Health, providing programs and counseling services that invite mind-body integration and holistic wellness.

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