

Women's Yoga Chakra series for Peace, Overcoming Stress and Rising above Challenges

Aug 20- Chakra 1 **Healing the Home.**

Sept 24- (see Fall Equinox Day Retreat advertisement)

Oct 15- Chakra 2 **Relationships, Is it Me or You?**

Nov 12- Chakra 3 **Self-Empowerment, Rise Up!**

Dec 3- Chakra 4 **Is Love Enough for Change?**

- Each workshop has a practical Chakra theme, and each student will learn and take home a specific meditation practice for the Chakra
- Kundalini Yoga and Meditation (beginners welcome, modifications provided)
- Deep relaxation and rest
- Research-based Neurobiology, Psycho-education, and Vedic teachings for the new age
- Healthy lifestyle choices for the busy modern woman
- Journaling and Expressive Arts to explore the inner world of emotions
- Discussion to uplift and inspire one other
- Please bring yoga mat, journal, favorite markers/colored pencils, blankets (some provided)

Sundays, 8 -10 am
at The Center Yoga

\$20 per participant. Bring a friend who is new to The Center for only \$10 each.
sign up online: TheCenterDowntown.com or call 540-383-0438



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. In addition to providing clinical mental health counseling, Mary specializes in the integrated therapeutic wellness for individuals and couples with needs encompassing issues of stress, anxiety, depression, self-identity, relationships, emotional and mental balance, career goals, and overall physical health.

If you are interested in additional work with Mary, you can [book online at RelationalHealth.net/mary-straub-pargas/](http://RelationalHealth.net/mary-straub-pargas/) or contact her at mary@relationalhealth.net or 540-246-7492.



The Center Yoga @ Ice House Studios 217 S. Liberty Street, Suite 201