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Comprehensive Teachings on Yoga, Mantra, Mudras, Meditation, Chakras, AND Chakra-Balancing through Energy Healing



Regardless of whether you are new to yoga or have been practicing for years, this course has something for everyone. You will tune up, tone up, and recharge your vital energy systems using yoga and chakra-balancing as your tools!

Yoga is a vast technology. No matter how long you practice, there will always be something new to do, something new to discover, both about yourself and the technology. That is what keeps it fresh, exciting, and challenging! And if you're new to yoga -- wow! In both cases, you will learn a lot from taking this class. We will cover the technologies of yoga, mantra, mudra and meditation and how use of these practices can help strengthen every aspect of your entire being.

Origins of Yoga: what it is, how it is used, and how it works on the body/mind/spirit

- Pranayama and Mudras: Learn basic breaths, postures, mudras, and terminology used in the technology in many of the different traditions of yoga (Kundalini, Hatha, etc.)
- Meditation and Mantra: Learn what both meditation and mantra are and how they affect the body/mind/spirit.

Your Chakras: What they are, how they function, and how you can identify when they are healthy

- Take a written test that will check each chakra to assess emotional strengths & weaknesses.
- Take a physical test to assess physical strengths & weaknesses.
 - Scores on these two tests determine the kind of customized yoga set Lola crafts for you.

Your Customized Yoga Set and Chakra Rebalancing Session using Energy Healing

- There is a two-three hour follow-up session where
 - You receive a full assessment of your body's weaknesses and strengths
 - You receive a print out of a customized yoga set and 1.5 hour private yoga lesson to teach you how to use the set that will balance all areas of your SELF.
 - You receive a 1 hour bodywork session where Lola will rebalances all of your chakras in an energy session

Class Date: Scheduled on demand – minimum 2 students, maximum of 5

Place: Yoga Lola Studios

Lunch is provided

Full notebook of materials provided

One three-hour follow-up session scheduled at convenience of both parties

Cost: \$270.00