

# CHAKRA EXPLORATION & FLOW BEGINNERS

## YOGA

### 8 WEEK CLASS SERIES: with THERESA

Chakra literally means “spinning wheel.” According to the yogic view, your body’s 7 chakras are a convergence of energy, thoughts/feelings, and the physical body. Our consciousness (mind) gets projected through these “wheels” (energy centers), and this largely determines how we experience reality from our emotional reactions, our desires or aversions, our level of confidence or fear, even the manifestation of physical symptoms.



WORKING THROUGH OUR CHAKRAS SYSTEMATICALLY WILL HELP US UNDERSTAND  
OURSELVES IN A WHOLE NEW WAY.

Attend any or all- Our explorative 60-minute classes, allowing you to engage, ask questions, and be curious. Employing Asana, Mudras (hand gestures), Pranayama (breathwork) and Bandhas (locking/engaging muscles in certain areas of the body), each week we will take a plunge into the deep sea of each Chakra Center.

#### What to Expect

Each week will vary, but generally you will experience...

- 40 min of Asanas/Yoga postures (including pranayama breathing techniques, and mudra hand gestures)
- 10 min Meditation
- 10 min Introspection & Discussion
- Aromatherapy (please let us know if you are sensitive & we are happy to only offer locally to those that request)

Attendance every week is not needed. Each week will also offer a brief introduction to the Chakra system, as well as a quick recap of the previous week. Printable PDF of each class with weekly Yoga sequence via email.



**Week 1: Root Chakra**

**Week 5: Throat Chakra**

**Week 2: Sacral Chakra**

**Week 6: Third Eye Chakra**

**Week 3: Solar Plexus Chakra**

**Week 7: Crown Chakra**

**Week 4: Heart Chakra**

**Week 8: Putting It All Together**

Therese is a 500 Hour Certified Yoga Teacher who believes that yoga should be an accessible practice for every single person, no matter their body type, gender, religious affiliation, or background. She encourages her students to listen to their bodies and move in ways that serve their body, mind, and soul in that moment.

Therese is a wife, mother of 4 children, a philanthropist Founder of UNITE It Takes A Village 501c3 nonprofit organization and the Owner of Organic Culture Wellness Inc. She has had many creative offering roles including Herbalist, Metaphysical Practitioner, Meditation specialist and is also an Ordained Metaphysical Minister. She owns a small outdoor yoga studio in Jacksonville FL, Serenity Yoga Wellness, and teaches children's yoga via Outschool Homeschooling platform. In her spare time, she enjoys gardening, making herbal remedies, spending time with her family, and reading books about holistic wellness, religion, and spirituality.