



PRESENTS

## FORREST YOGA & THE 7 CHAKRAS

WITH  
**Alana Brennan**



### DISCOVER THE 7 MAJOR ENERGY CENTERS IN YOUR BODY



The chakra system provides a theoretical base for fine-tuning our yoga practice to suit our unique personality and circumstances. Each chakra is associated with particular functions within the body and with specific life issues and the way we handle them, both inside ourselves and in our interactions with the world. As centers of force, chakras can be thought of as sites where we receive, absorb, and distribute life energies. Through external situations and internal habits, such as long-held physical tension and limiting self-concepts, a chakra can become either deficient or excessive - and therefore imbalanced. Join Alana for in-depth exploration of the 7 chakras of the body through the Forrest Yoga practice. To learn more, go to [www.alanabrennanyoga.com](http://www.alanabrennanyoga.com)



**15 JULY** **Root Down + Creativity + Wealth**  
1st and 2nd Chakras

**17 JULY** **Self-love + Confidence**  
3rd Chakra

**22 JULY** **Abundance + Forgiveness**  
4th Chakra

**24 JULY** **Purification + Free Will + Wisdom + Truth**  
5th and 6th Chakras

**29 JULY** **Live in the NOW!**  
7th Chakra

Time: 07h00 - 08h00 (all classes) / Cost: R100 per class  
Booking is essential. Contact Nadine Hurwitz on 082 771 6105 / [nadine@yoga-lova.com](mailto:nadine@yoga-lova.com)

[www.yoga-lova.com](http://www.yoga-lova.com)