

# Chakra Flow

*Class Series*  
*with Kim Birdi, RYT*



Kim Birdi, RYT

In this monthly series, you'll explore each of the energy centers or chakras and how they relate to your body, mind and spiritual wellbeing. We'll explore a different chakra each month and learn yogic techniques — asana, pranayama, chanting and meditation — to bring them into balance.

Class is suitable for all levels and abilities.



## Chakra Flow Class Series

Begins Sunday Sept. 18 | 6:30 – 8 pm

Continues every 3rd Sunday – Regular class pass applies!

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