

# *CHAKRAS, COMING HOME TO YOURSELF*

Workshops designed to restore,  
educate & uplift.

## Featuring:

§ Chakra Balancing Yoga & Meditation  
Workshops on understanding the Chakras, the human energy system & how to bring the physiological and emotional self into balance through a series of postures, breathwork and meditations.

§ Learn color, sound and other techniques to enhance your intuition & deepen meditation.

§ Ayurvedic Cooking with Laura Pole

§ Handouts and Chakra tools provided

Satchidananda Integral Yoga Center -  
Yogaville, Virginia

Yogaville is a spiritual center where people of many faiths & backgrounds gather to receive the simple but profound teachings of Integral Yoga. Situated on the James River with the Blue Ridge Mountains to the west, it encompasses almost 1000 acres of serene, wooded landscape.

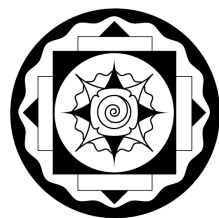
Our house provides a yoga room, kitchen, dining area, laundry, jacuzzi & sauna. All meals are included.

Fee per person: LIMITED ENROLLMENT

Early Bird: postmarked by May 1 \$400

Late Bloomer: after May 1 \$450

# Coming Home to Yourself



Introduction to Chakras,  
Chakra Balancing Yoga,  
Meditation,  
Breathwork,  
Aroma, Color & Sound  
Therapy and  
Ayurvedic Cooking

May 14 ~ 16, 2010  
in  
Yogaville, Virginia

CHAKRAS, Coming Home to Yourself  
Healing Arts, Yoga & Massage Center  
2300 Fall Hill Ave, Suite 211  
Fredericksburg, VA 22401  
540.371.4555



# Chakras May 14-16, 2010 Yogaville Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email \_\_\_\_\_

Level Yoga / years \_\_\_\_\_

(Please enclose a list of any injuries or problems on a separate 3x5 card)

**\*\* \$400 by May 1 / \$450 after May 1  
May remit \$200 deposit. Balance of  
\$200 due on May 14 before departure.  
Please write your total enclosed below:**

|                              |  |
|------------------------------|--|
| <b>TOTAL AMOUNT ENCLOSED</b> |  |
|------------------------------|--|

Signature \_\_\_\_\_

Date \_\_\_\_\_

Please:

- \*\*\* No Phone Registrations
- \*\*\* One Form per person
- \*\*\* Check must accompany registration
- \*\*\* \$50.00 Non-Refundable - no refunds  
after May 1 unless your place is  
filled

## WORKSHOP DESCRIPTIONS

**C**HAKRAS are wheels of energy. They are an important aspect in the science of yoga which teaches that the human body contains, within its subtle body, 7 energy vortexes or centers. Managing energy, not time, is our key to a happier, healthier life. We will begin to understanding how the world in front of our eyes effects the world behind our eyes and vice-a-versa. As we progress through the chakras, 1 through 7, we will delve into who we really are...the ideas, training and attitudes that have formed our belief system and personality which in turn plays out in our bodies and in our lives. As we find ways to take our lives back into our own hands through studying the chakras, doing yoga, breath work, probing meditations, and so on, we learn about acceptance and forgiveness. We will learn to appreciate our strengths and weaknesses. Though true healing can be one of the most frightening journeys, understanding the chakras holds the key to unlock lasting tools for transformation toward physical health, emotional stability, mental clarity and "unlimited joy."

**A**YURVEDIC COOKING: Learn about the 6 tastes to build flavor & balance and prepare a tridoshic meal. We will sit down to the feast and enjoy together the fruits & vegetables of our labor.

**H**EALING THE MIND / BODY WITH AROMA, COLOR & SOUND: Origins of healing with aroma, color and sound can be traced to the earliest Sanskrit writings as valuable in absorbing and transmitting vital life force. Ayurvedic healers were the first to link this energy with the use of scent, gemstones, color and sound to balance the mind/body and treat specific dis-eases. Throughout the workshops, we will experiment with aroma, chakra color glasses, stones, acupressure points and sound / vibration techniques.

**Y**OGA, MEDITATION & BREATHWORK: will help bring our physiological and mental / emotional self into balance. We will use yoga movements, breath work and guided meditations specific for each of the seven chakras in concert with the other techniques to clarify and enhance our understanding of the chakras and self discovery.

## ABOUT THE PRESENTERS

**REN FIELDS**, Adv. R.Y.T. 500, is the director of the Healing Arts Center of Fredericksburg, Virginia & the Yoga Alliance Registered American Healing Arts Yoga Teacher Certification Program. She has over 42 years experience in yoga, breath work & meditation and is a Structural Yoga Therapy practitioner and teacher. She is an Advanced National Alliance Registered Yoga Teacher, Advanced Certified in Integral Yoga and Acu Yoga. She also holds a Certificate in Chakras & Intuition from Carolyn Myss, PhD. With her experience as a dancer and practices of energy therapies, including Chi Kung & Usui Reiki, she brings to the workshop a wealth of knowledge and ease of teaching with a precise and contemplative style.

**L**AURA POLE is a Health Supportive Gourmet Chef, a Registered Nurse and professional musician with over 25 years experience. First studying the art of cooking in Louisiana, Laura blends her passions for food, entertaining and health into a career of nurturing people through nourishment. Laura is nationally recognized for her creative and informative workshops and is also considered an authority in shaping the field of health supportive cooking for people with serious illnesses.