



EXPLORATION AND HEALING OF

The Root Chakra

through Sattva Yoga and Dance Therapy

Come and join Sattva Yoga teacher Ana Flavia and Therapeutic Dance facilitator Janina for a transformative and empowering journey.

These two hours of flow will involve hatha, vinyasa, pranayama, kriya, himalayan kundalini and free movement, allowing you to connect with your root chakra and release any stored negative energy.

No previous experience required, only an open mind and your willingness to try something different.

TICKETS \$35 ea

BOOK HERE:

[Facebook.com/Kumali.Creative.Wellness](https://www.facebook.com/Kumali.Creative.Wellness)

www.janinamurta.com/events

For any questions email janina.murta@gmail.com

SATURDAY 07 MARCH | CITY YOGA STUDIO | 11AM - 1PM
203/127 YORK ST, SYDNEY NSW 2000