

# Chakras

## Know & Flow

an introduction to the chakra system  
with Laura Flier

Saturday, April 23  
2:00-4:00 pm

\$15 Movement members  
\$25 Non-members  
(includes reduced day pass)

Space is limited so register  
early by calling 303.443.1505  
or email  
yoga@movementboulder.com

Please observe a 48-hour  
cancellation period to  
receive a refund.

About the Teacher  
Laura is a teacher at Movement  
and earned her certificate in San  
Francisco in 2006. She continues  
her study in California, Colorado  
and India, under esteemed  
teachers though she often feels  
she learns the most from working  
with you, her students.



Are you curious about what a  
chakra is? This workshop is for  
you!

The workshop will be comprised  
of a presentation and discussion  
to build an intellectual under-  
standing of the chakra system,  
followed by chakra-focused  
flow yoga practice. We'll  
close by integrating what  
we've learned through  
conscious rest.

All levels welcome.  
Yoga experience  
beneficial but not  
required.