

Guided Meditation: The Aura & Balancing The Chakras

Hybrid | 2-Part Series

Tuesday, April 22nd & April 29th | 4-5:15 PM

Video Content Available For 7 Days!



Unlock the power of your energetic field and realign with your inner balance!

Whether you're new to energy work or looking to refine your practice, **this class will empower you to connect with your highest self and enhance your overall well-being.**

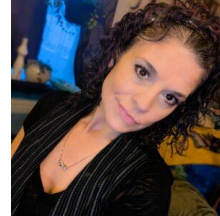
In this immersive experience, we will explore **the aura the energy field that surrounds you and the chakras, the seven major energy centers within your body.**

Through guided meditation, visualization techniques, and group activities, you will **gain a deeper understanding of how to cleanse, strengthen, and harmonize your energetic system.**

Each class offers time for learning, reflection, discussion, and guided meditation.

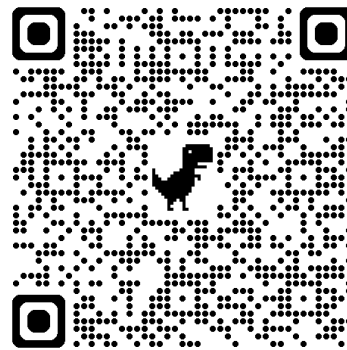
- A brief educational introduction to the aura and chakras
- Guided meditations designed to activate and balance energy flow
- Group exercises to deepen self-awareness and energetic sensitivity
- Tools and techniques to maintain alignment in daily life

Join us for this powerful journey into self-awareness and healing!



Amanda Greene,
Certified Meditation Teacher

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



FEE: Use your monthly membership, 4-class-pass, 8-class-pass or single drop-in pass! **Are you a Frontline Worker in Wisconsin?** Email Mary@5koshasyoga.com to receive a full scholarship to attend this series!

2 Steps to Register: **First**, purchase your preferred pass. **Second**, register on the 5 Koshas Punch Pass Class Schedule or Calendar. You must register for each session

Can't make the weekly classes? Register to receive access to the video content for 7 days!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com Amanda at amanda@newmoonandyou.net

What do I need? A Journal to take notes & an open mind!

- **Attending In-Studio:** Please bring your yoga mat, and needed class props. Yoga mats and props are available to use at the studio.
- **Attending Online:** You will need a smart phone device, iPad, Tablet or Computer with reliable internet access.