

February 27th , 9:30am-12:30pm

Cost: \$25

Whether you are, or would like to be more involved in the arts as a writer, artist, musician, or dancer, on a personal or professional level, this workshop will teach you how to clear blockages that often impede expression and thought.

Special attention will be given to 7 of the many chakras found within and around the human body and how they link to the 5 koshas within the body. Several meditations and asanas will be practiced to help balance all of the chakras.

Discussion will follow journaling and/or drawing toward the end of the workshop.

Chris Yovanovich, RYT 200, is an accomplished songwriter/singer/ and pianist. She has been blessed to work under such yogic masters as David Swensen, Todd Norian, Ramaswami, Desiree Rambaugh, Sean Corn, and the most important teachers to her, which are all of her own students she has been blessed to work with thus far.

# Cultivate Creativity

**50% of proceeds will benefit the Julian Center**