

# Balancing Your Chakras

Mary St Onge will teach an 8-week series beginning Monday, February 27th and ending Sunday, April 23rd. The series will focus on Balancing Your Chakras.

The chakras are the seven major energy centers that regulate the flow of subtle energy in your body. In this series, Mary will introduce each chakra, their characteristics, and then work to balance them through your yoga practice.

For more details and to purchase a class series, please visit the studio website: [FitnessByDesignDM.com](http://FitnessByDesignDM.com). **Contact: Mary St Onge 515-664-7387 or Barb Mendoza 515-770-3844**

## Class Schedule

|           |          |             |
|-----------|----------|-------------|
| Sunday    | 10:00 am | Mixed Level |
|           | 11:30 am | Gentle      |
|           | 1:00 pm  | Recovery    |
| Monday    | 8:30 am  | Yin         |
|           | 5:45 pm  | Yin         |
| Wednesday | 8:30 am  | Mixed Level |
|           | 5:45 pm  | Mixed Level |
| Friday    | 8:30 am  | Mixed Level |

