

Chakra Restorative Yoga™ Teacher's Training

A meditative healing, A metaohysical journey

AFFORDABLE 3 Day Certification Course **Includes Complete Color Aromas™ Practitioner Kit!** *

Enrich your restorative yoga practice with the energy wisdom of the chakras & color therapy

You Will Learn:

Vital Chakra Theory
Map of the Subtle Energy Body
Benefits of Passive Yoga
Key Restorative Yoga Asanas
Chakra-Specific Pranayamas
Chakra Mudras
Chakra Mantras
Bandhas Practice for Chakras

Benefits of Color Energy Therapy
How to Utilize Color Aromas™ in Class
Structuring 7 Chakra Restorative Classes



**Includes Excellent
Reference Sheets !!**

Pre-Register 30 days in advance with \$350 Deposit to Save \$50 on enrollment & Get Your Kit Early!
mc/visa/discover also accepted Group Discounts Too!

All 3 Days + Certification + Practitioner Kit \$725 with Pre-Registration \$775 thereafter

** students that are Conscious Colors certified may elect to not get another kit and reduce tuition by \$300*

TAKING THE CONSCIOUS COLORS CERTIFICATION COURSE FIRST IS HIGHLY RECOMMENDED!

2011 SCHEDULE:

Saturday, Sunday & Monday

March 19th – 21st 10:00 am – 5:30 pm all 3 days

Saturday, Sunday & Monday

June 4th – 6th 10:00 am – 5:30 pm all 3 days

Saturday, Sunday & Monday

November 5th – 7th 10:00 am – 5:30 pm all 3 days

All Courses held at the Conscious Colors Energy Center, unless otherwise indicated



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