

Chakra VINYASA WORKSHOP

W/ CHANEL LUCK
& ROBERTO LIM

**FRIDAY, JULY 10
6:00-8:00 PM**



Chanel Luck and Roberto Lim created YogaThree to help you lead a healthy, balanced, stress-free, and inspired life. The two seasoned teachers have been trained and worked among some of the world's best and most renowned yogis. They are currently devoted and inspired by Shiva Rea and her style of yoga called Prana Flow. Combining their extensive yoga backgrounds and like-minded philosophies, Chanel and Roberto engage and inspire their students. Together they offer workshops, week-long and weekend retreats, alignment and assistant trainings, private sessions, and a monthly newsletter.

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Explore and learn about the chakras through asana, chanting, pranayama, and meditation with Chanel Luck and Roberto Lim. The chakras are the seven energetic centers within the subtle body. They are interconnected and thought of as important energy highway systems. They require balancing and cleansing. Bringing awareness to your chakras helps awaken and cleanse your whole Being. Chakra study can aid in any transformation that you may seek. Join us for an informative, deeply cleansing and inspiring journey into the chakra system.

COST: \$25 pre-register/\$30 drop-in

REGISTER AT STUDIO

YOGA LOFT NORTH, 3 LOPEZ ROAD, WILMINGTON, MA

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