

Explore and Balance your Energy System

# Discover the Chakras

Yoga-Retreat with Diana Wilson, RYT



**TBA - Postponed**  
**Saturday: 10:00 a.m.-4:00 p.m.**  
at the  
**Sambodh Center for Human  
Excellence**  
**6363 N. 24<sup>th</sup> St.**  
**Kalamazoo, MI 49004**

**DESCRIPTION:** Each Chakra corresponds with one of the five elements; each element is an integral part of our nature: including: our organ systems, glands, and the body; human developmental stages, individual psychology; and, universal spiritual energy. Learn how to see at all human life through the lens of each chakra, and gain an understanding of your-self and others through this paradigm. Learn how to bring each of the seven major chakras into balance. Learn practices that tap into & awaken your dynamic spiritual energy.

**Light Vegetarian Lunch included**  
**Workshop Retreat Fee: \$50**

**Information:** Diana (269) 758-3355 or Ruth (269) 327-3774

**Email:** [PrasadYoga@aol.com](mailto:PrasadYoga@aol.com) or [Indiaink@charter.net](mailto:Indiaink@charter.net)

Diana Wilson, RYT, is a certified Hatha Yoga instructor, through Integrative Yoga Therapy. As a lifelong practitioner and student of Hatha Yoga she has studied various styles and traditions. She has been instructing students in Hatha Yoga for 20 years, primarily in Michigan. Through a process of personal inquiry and self-discovery, she applies the principles of Yoga to all aspects of life and assists her students to accomplish the same.

**Early Registration Discount of \$10**

for those who mail in this form along with their payment before [POSTPONED], 2010

**Payment also accepted via PayPal on-line at [www.sambodh.us](http://www.sambodh.us)**

~ Scroll down towards the bottom of our Sambodh website Home-page ~

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**Mail in your Retreat Registration form along with your payment to:**

The Sambodh Society, Inc. P.O. Box 248, Kalamazoo, MI 49004

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Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
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