

# Chakra Balancing Yoga & Chocolate Meditation with Jacci & Lisa

Friday, February 17

7-9:00pm

\$35

Join Jacci & Lisa for a yoga and meditation practice to explore the 7 chakras or energy centers in the body. The practice will include pranayama (breathwork), postures and chanting the bija mantras to energize and balance the chakra wheels.

Practice will be followed by a mindful eating meditation. Christian, of Mi Amor Chocolat, will be creating a series of 7 specialty chocolates for each chakra which we will use as part of this meditation.

Located at the Aspen Santa Fe Ballet in La Tienda

*Yoga with Jacci  
& Friends*



Guiding students in compassion, patience, acceptance & permission.



# Yoga with Jacci & Friends Chakra Workshop Registration Form

(Please print)



Your name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Class Cost: \$35 (make checks payable to Yoga with Jacci)

We need 7 people to run this workshop

**Mail registration and  
payment to:**

Yoga with Jacci & Friends

32 Juego Road

Santa Fe, NM 87508

**Refund Policy:** There is a \$5 non-refundable administration fee. If you cancel 2 weeks or more prior to the workshop you will receive 75% of your money back. If you cancel 1 week or less prior to the workshop, you will receive 50% of your money back. If the program is cancelled due to low attendance, participant will receive a full refund.