



CHAKRA YOGA WORKSHOP WITH TATJANA BRAUNE

In this **4-week Chakra Yoga Workshop** you will

1. Learn about the unique qualities & powers of your 7 energy centers.
2. Promote self-healing by balancing your energy centers.
3. Deepen your yoga practice by aligning with your energy centers.

Tatjana is certified as a Let Your Yoga Dance ® Instructor and Bungee Fitness Instructor. She is excited to share her passion for yoga and self-healing with you in this workshop. As a Certified Professional Coach with a focus on Leadership and Mental Fitness she is an expert in adult learning and brings 10+ years of leadership training experience to her workshops.

When? Thursdays, **April 4th, 11th, 18th & 25th from 6:15 – 7:30 pm**

Where? Califon Yoga Studio

Price? \$100

CALIFON YOGA STUDIO, 438 County Road 513, Califon, NJ 07830

Call or Text Tatjana to register at 908.297.3473