

Counselor Education *Wellness Works* presents:

# *Understanding & Aligning Your Chakras with Yoga Poses*



Chakras are the energy centers of the body. There are seven major chakras referred to as the Sahasrara (crown), Ajna (brow), Vishuddha (throat), Anahata (heart), Manipura (solar plexus), Svadisthana (sacral), and Muladhara (base). Join us to learn yogic techniques, postures, and ancient teachings that will open your mind and your body!

**Wednesday, March 18th, 2009**

11:45 – 12:45 pm

Norman 1327B

Presented by

*Elisa Mott*

Elisa Mott is a M.Ed/Ed.S student in Counselor Education. She completed her yoga teacher training at Discovery Yoga in 2005 and taught in many settings including hospitals, gyms and yoga studios. She is interested in combining traditional counseling with expressive arts and yoga.

If you have any comments, questions or suggestions for future wellness activities, please contact:

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