



Calling out to all interested Yogis & Yoginis!

- Do you like the smell of Pure Therapeutic Grade Essential Oils?
- Are you interested in learning more about how to balance your Chakras?
- Would you like to find ways to help remove blockages that may be restricting you or holding you back?
- Would you like to experience all of this in a restorative & rejuvenating yoga class?

Then Aroma Yoga is a perfect solution for you! We will combine all 3 of these powerful techniques in a 3-part Aroma Yoga Series that will take place in April at the Yoga Tribe in Kreis 3.

We will integrate Yoga, Chakra Clearing Techniques, Pure Essential Oils and Energy Exercises (Polarity Techniques) to reset, revive, and replenish your body, mind, and spirit.

This is a special offer and each class will be donation based. I am finishing my practicum and will need to tape some of the exercises for my exam. While it is recommended to attend all 3 sessions, you are also free to sign up on an individual class basis.

The dates are:

Saturday, 7th April

Saturday, 14th April

Saturday, 21st April

Each session will begin at 10:30 and finish at 12:30.

This is offered for all levels, yoga beginners are welcomed.

Yoga Tribe is located at Rüdigerstrasse 17, 8003 by Sihl City.

For more details, visit www.yoga-tribe.ch or www.yogaherz.ch

For registration please email me at nicole@yogaherz.ch.