

Exploring Inner Landscapes

A Playful Movement and Joyful Art Workshop Series

At Yama Yoga Studio in the Historic Third Ward

1:30pm – 4pm

Sundays

\$85 per class

art supplies included

Movement and art are playful and joyful ways to explore the challenges and healing gifts found in the activation, expression and strengthening of each chakra center. This Inner Landscapes series is about the choices we make and seeing the challenges we experience as opportunities. Bring your play clothes, your play spirit AND come explore what is, allowing your truest self to shine!

January 24

Chakra 1

Fear & Prosperity

Map out landscapes of fear and prosperity.

February 7

Chakra 2

Guilt & Pleasure

Opening and transforming Pandora's box.

February 28

Chakra 3

Shame & Power

Bringing your inner rainbow to light.

March 28

Chakra 4

Grief & Love

Re-envisioning the landscape of your heart.

April 18

Chakra 5

Constriction & Expression

Making your mark.

May 9

Chakra 6

Illusion & Clarity

Personal hieroglyphics and group eye-shaped mandalas

May 30

Chakra 7

Confusion & Understanding

Making and walking the labyrinth.

Elizabeth Lewis is an artist, writer, arts educator and certified stress management consultant. Her fiber-art works have been exhibited nationally. A motivational /inspirational speaker, she travels internationally presenting lectures and workshops on healing art, healing writing, stress management and meditation and relaxation practices.

Jori Azinger is a Licensed Acupuncturist, Certified Nia Instructor, workshop facilitator and Sole Proprietor of HeartSpace. Jori is passionate about allowing the body to speak its language of the present moment. She loves exploring, dancing and writing bad poems. She cries easily, laughs out loud and is grateful for life and its abundant offerings.