

Find Your Balance

Evening of Balance & Bliss

Friday April 5th 7pm-8:30 pm

Nampa Studio

Cost \$18 Non-EHY Student

\$15 EHY Student

Space is Limited

Join EHY teachers Libby Cunningham & Lisa Simpson for a mellow Yin class exploring the 7 Chakras (energy centers). These Chakras contain the states of our psychological, emotional, & spiritual being. Beginning with the root chakra and moving up to the crown chakra, you will learn about each of these energy centers while aligning them so energy can flow freely throughout the body. Essential oils will be used to enhance your blissful experience.

