

chakra flow with seven crystal singing bowls

with ellie burke and jeannine dietz



about ellie

ellie teaches strong & balanced vinyasa classes with a focus on breathing, aligning with self, and cultivating the qualities of contentment, acceptance, and continued effort without attachment to the outcome. Although she has been taught and influenced by many teachers, she continues to be humbled and inspired by what she learns through her practice, her life, and her teaching.

about jeannine

jeannine is an energetic healer and is skilled in crystal healing music - using sound vibration as healing aid. she specializes in healing sessions, including crystal singing bowls and energetic therapy, and private therapeutic yoga sessions.



january 29th
sunday, 1 - 4 pm

price

\$45 by 1/19, \$55 after

*registration required
CEUs offered (\$5 additional)*

about the workshop

join ellie and jeannine for an energizing and balancing workshop incorporating the healing tones of crystal singing bowls. back by popular demand, this annual workshop combines a chakra-themed vinyasa practice, led by ellie, with the tones of the singing bowls, played by jeannine. the tones of the bowls resonate with each of the seven chakras, stimulating and opening the energy centers within the physical body. let ellie and jeannine bring balance to your entire being in the new year!

this mixed level workshop is appropriate for those with a minimum of 6 months yoga experience.



yoga source
inspiration for transformation

3122 w cary st, ste 220 ~ richmond, va 23221
in the heart of carytown

to register:
804-359-9642
yogarichmond.com