



Balance all aspects of your Energy

Saturday May 8th Yoga Workshop

1.30-5 PM



Increase your strengths where you need them most:

Security and Fearlessness

Love and Acceptance

Creativity and Pleasure

Expression and Communication

Will and Power

Intuition and Clarity



The chakras or energy centers along the spine gather and distribute the energy to all dimensions of our being: physical, mental, emotional and spiritual. In this workshop, participants will gain an understanding and awareness of these subtle centers. They will learn easy yoga postures, breath and visualisations practices to open each chakra and balance their whole being.

When: Saturday May 8th, 1.30-5 PM

Where: Central Merritt Island

Fee: \$35

Seats limited. Registration required. Please call for registration and details:

Dr. Anne-Marie Derouault 321 431 5054

or email anmaryd@earthlink.net. Visit www.CoachYoga.com

Dr. Anne-Marie Derouault, Emergence Resources, has been practicing yoga and meditation for over 20 years. She is certified in Amrit Yoga™, Kripalu Yoga and Amrit Method™ of Yoga Nidra. Anne-Marie is passionate about helping others live their lives to the fullest. She also offers consulting and coaching internationally on Time optimization, Stress Reduction, Communication and Leadership. She holds a PhD in Computer Linguistics and a Masters degree in Psychology from Paris University, France.