

Join Robin Barnette, ERYT 500, Certified Aromatherapist, for this restorative event:

CHAKRA BALANCING with Yoga & Essential Oils

There are 7 major chakras or energy points located within our physical bodies. It is necessary to balance them in order to maintain optimal health. One of the best ways to relieve stress, balance chakras and bring your body back into balance is through natural therapies such as Yoga and Aromatherapy. Robin combines vinyasa flow yoga, seven therapeutic/restorative yoga poses and very specific therapeutic grade essential oils that together will restore and bring continued peace and balance to your life.



ROBIN A. BARNETTE, ERYT 500 is a registered yoga teacher, a certified Yoga Therapist and Aromatherapist. With over 17 years experience as a teacher, Robin believes that yoga is for every BODY and that the optimal way to healing is through opening the body through yoga, laughter, love, and big, deep aromatic breaths. Please visit www.aromachick.com

MARCH 31
1:00 - 3:00 pm
\$25

FREE
PERSONAL INHALER
WITH
REGISTRATION BY
MARCH 30



SantaBarbaraYogaCenter.com

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