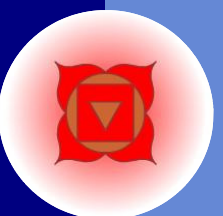
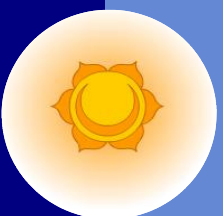
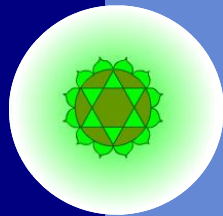
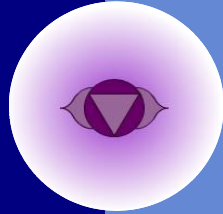
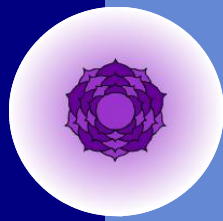


# Chakra Vinyasa



Chakras are centers of energy in the subtle body that govern our physical, mental and emotional responses to daily life. When the chakras are balanced, we experience physical health, mental clarity and spiritual freedom.

Join us for a series of classes to learn about each chakra and gain powerful tools for balancing and healing.

Open to all levels of practice and experience.

## Wake Forest Yoga

To pre-register  
call 919-623-5410 or e-mail  
[wfy@wakeforestyoga.com](mailto:wfy@wakeforestyoga.com)

4th Thursday of each month  
7:30—9:00 pm

**Matthew Tarnowski**, RYT 200 is honored to share the art and science of yoga as a gateway to self-discovery. Matthew teaches an alignment-based Vinyasa flow style that is strongly influenced by studies in Hatha and Tantric yoga. His classes derive from his own evolving practice, which began in 2001 and combine elements of Iyengar, Universal and Kundalini yoga. Through these methods we arrive at a profound revelation of our divine Selves and a deeper connection to the world around us. Om purnamadah purnamidam. .

