



CHAKRA SERIES

Instructor
Sara Dauwe
Tuesdays
6:00-7:00pm

Tuesdays, July 22, 29,
August 5, 12
6:00-7:00pm
Burlington BCPL
1786 Burlington Pike
Burlington KY 41042

Join us for a yoga practice that focuses on resilience in the body and mind. Enhance your overall health, mental clarity and emotional stability.

A yoga series that touches on each of the 7 chakras.

Scan the code to register or email
jenny.smith@familynuture.org



"Family Nurturing Center is supported in part by funds from Grant Number VOCA 2024-FamilyN-00073 awarded through the Kentucky Justice & Public Safety Cabinet (KJPSC) by the U.S. Department of Justice (USDOJ). The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of Family Nurturing Center and do not necessarily reflect the view of the KJPSC or USDOJ"

This project was paid for with funds from the Kentucky Opioid Abatement Advisory Commission by and through the Office of the Attorney General. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Kentucky Opioid Abatement Advisory Commission or the Office of the Attorney General.