

# FEBRUARY EVENTS

BEGINS  
FEB  
1

## ROOTS

Ayurveda, Yoga, Cleansing, and Coaching  
3 months of support, February 1 – April 30  
Tuition: \$595 (Space is limited. Register online.)

FEB  
1-3

## Chakraology

A weekend workshop on understanding the energy anatomy in yoga and ayurveda.  
Friday evening, 6:30-9pm, Saturday & Sunday, 9:30am-5:30pm  
Tuition: \$450 (\$100 discount if registered by Jan. 7. Register online.)

FEB  
3-24

## Self Massage for Self Empowerment Series

4 Sundays, 6-7:30pm  
Tuition: \$110 (Includes *The Trigger Point Therapy Workbook*. Register online.)

FEB  
8-10

## Yoga for Trauma Training

Living with Trauma...Are we living in a world with more trauma than our ancestors or just have more access to traumatic events with less tools?  
Friday – Sunday, 9:15am-5:15pm  
Tuition: \$525 (Register online.)

3 Day  
Training

FEB  
23

## Shakti Creative Flow Workshop

w/Sevika (Jenny Young) Shakti is the essence of Divine feminine power and is inherent within all beings. In this two hour workshop we will explore Shakti through gentle movement, stories, and guided mediation that unlock the loving essence of Shakti. Bring an open heart, a journal, a yoga mat and wear comfortable clothes.  
Saturday, 9:30-11:30am  
Tuition: \$45/\$35 members (Register online.)

1 Day  
Workshop



**prana**YOGA  
INSTITUTE OF YOGA AND HOLISTIC HEALTH

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**MORE INFO &  
REGISTER ONLINE**

260 627-YOGA (9642) | [pranayogaschool.com/events2](http://pranayogaschool.com/events2)