



# MIND & BODY

## Wellness Series

**Presented by registered yoga teacher,**

**Jen Stratakis**

**YOGARHYTHMICS, OCTOBER 27<sup>TH</sup>, 6:30 - 8 PM**

It has long been studied that music awakens and revives our chakras- the 7 energy centers in our bodies. Each one is responsible for a particular part of our emotional, physical, and spiritual health. Through a structured sequence of natural movement patterns the principles of yoga come alive - love, acceptance, compassion, contentment, and integrity are at the heart of YogaRhythmics®.

Join Jen on a musical and movement journey through your chakras to energize and align these energy centers. You will leave feeling refreshed - awakening your inner child at times - with a big smile on your face. No dance/yoga experience required - just a willingness to move and BE MOVED! Class will end with a relaxing savasana, of course!

**MANTRAS & MUDRAS, NOVEMBER 3<sup>RD</sup>, 6:30 – 8 PM**

Mantras are sounds, syllables, single words, or phrases that are considered capable of creating transformation. Mudras are symbolic, energetic hand gestures. Together, mantras and mudras can add to your yoga or meditation practice. Join Jen for an exploration of these very traditional and powerful mudras and mantras.

**MEDITATION & BREATHWORK, NOVEMBER 10<sup>TH</sup>, 6:30 – 8 PM**

Meditation is a way to access your inner self by quieting your busy mind and focusing your awareness on the present moment. Meditation can lower blood pressure, reduce chronic pain, reduce anxiety and stress, and increase recognition of compulsive behavior patterns. In this workshop, we will explore meditation and breathwork (pranayama) techniques for stress management and improved wellness. No prior yoga/meditation experience is necessary! Be open, relaxed, and enjoy!

**CHAKRAS & THE SUBTLE BODY, NOVEMBER 17<sup>TH</sup>, 6:30 – 8 PM**

Seven major chakras (also visualized as wheels of light) are generally believed to exist within the subtle body, our body's energy field. These correspond to nerve bundles in the physical body. This workshop is an experiential exploration of the chakras; we will begin to cultivate awareness of these energy centers through breathwork, meditation, visualization, and traditional yoga poses. No prior yoga/meditation experience is necessary.

**ALL CLASSES ARE FREE!**

**Located in the Yoga Studio, 3<sup>rd</sup> Floor, Recreation Department**

Register today via email: [fitness@duq.edu](mailto:fitness@duq.edu) or phone: ext. 3504

Sign Up for one or learn more by signing up for all 4!!