



Yin and Yang for 7 Chakras Workshop by Miranda Yip

Chakra comes from the Sanskrit word for wheel. This workshop is to introduce what are these seven chakras, also with the yoga poses which can help to balance them. It is believed that yoga was originally created around the chakra system for this very purpose.

In this special workshop, we will learn how to do these simple poses at home which can bring more harmony to your energetic body and mind.

The yoga poses will be introduced with both Yin and Yang style for each chakra.

A special gift of beautiful 7 chakra Crystal bracelet will be given to each student.

Advance booking is required for preparing the bracelet.

June 22: Saturday Time : 10:30 – 12:30

Price : \$580 Early bird: \$500 payment by June 6 Registration required 12 students.

Miranda taught in YogaMala when it first opened in 2008.

Her teacher Sravaniya Dipecoraro opened up her eyes on yoga philosophy.

Later on she studied in Chi Lin Nunnery about Indian ancient history which made her understand more about Buddhism and Hinduism. Her yoga practice never stop even she had gone through two major surgeries in her life. She understand the balance on body and mind is so important that she hopes to share all these with her students.