

Chakra Balancing and Tuning Workshop
Saturday, August 29th
2:00 - 3:30pm



51 Pine Street, Atlantic Beach

**A meditative yoga practice to facilitate healing
by combining crystal bowl harmonic tones
with selective postures for each chakra center
followed by a guided relaxation**



**Led by Keith
Holden, M.D., and
Dennis and Kathy
Lang, certified
yoga instructors**



**\$30 at the door; \$25 with advance reservations.
Please contact Dennis at 571-3154 to reserve your
spot or dennis.lang@prudentialnetworkrealty.com**