



# LE TIGRE

CHAILLOT

## « Journey through the chakras » by Gloria Latham

**Dimanche 5 novembre de 14h00 à 16h30**



Join Gloria Latham for a great Kundalini based workshop that draws on several yoga traditions to make your experience challenging, physical and joyful.

This workshop is intentionally designed to **move energy progressively through your entire chakra system**. You will come to understand the power of Kundalini energy and learn how to harness this energy to awaken your potential and change your destiny.

This is **an energetic practice that involves yoga, dance, mantra, mudra and pranayama**. Come prepared to laugh, dance, sweat and sing!!

Gloria Latham worked as a licensed pharmacist for almost ten years before discovering true health through the practices of yoga and meditation. She is a frequent presenter at Yoga conferences and festivals worldwide and is the founder of Semperviva Yoga Studios. She is best known for her week long transformational yoga immersions that help students powerfully break through barriers, and her high vibration Yoga Raves.

**Gloria's workshops use the foundation of Kundalini Yoga to create transformative experiences for students that work on the mind, body and soul.** Students can expect to leave her workshops and classes feeling deeply cleansed and always joyful. These are high energy classes so students should come prepared to laugh, dance, sweat and sing on these chakra balancing journeys.

Tarif 49€ / élève - Inscription sur [contact@tigre-yoga.com](mailto:contact@tigre-yoga.com)