Upper floor, Dream Designs West Van store, 1502 Marine Drive, West Vancouver

The Chakra Lounge
Yoga · Ayurveda · Wellness

Registration required for all workshop and classes
Call to register 604.922.8325

March 2010

Chakra Awakening

A month long celebration of Yoga, Ayurveda, and wellness

Discover Ayurveda

With Vaidya Mandeep Singh, MD in Ayurveda. Presentation and group discussion. Dating back 5,000 years, Ayurveda examines physical, emotional and spiritual constitution in relation to the universe. Learn how to apply it to live a healthier more balanced life. 2-4 PM Sat Mar 20, the Chakra Lounge. $15.

Chakra Workshop Series

with Loretta Dugaro, Yoga instructor and Reiki practitioner. Chakras are the gateways to our physical, emotional, and spiritual wellbeing. In this 7 workshop series, Loretta will take a multi disciplinary approach to balance the seven main Chakras through Yoga asanas, pranayama, guided meditation, aromatherapy, color, and sound therapy. Limit:10 participants. 4:30-6 PM Sat Mar 13-Apr 24, the Chakra Lounge. $25/workshop, $159/series.

Introduction to Meditation

with Sarah Hea, Transcendental Meditation (TM) teacher. From the ancient Vedic tradition, now practiced worldwide by over 5 million people, TM is a simple, natural, and effortless meditation technique and the only one with scientifically proven benefits. Not a religion, philosophy, or lifestyle, learn for yourself if it's right for you. Q&A included. 2-4 PM Sat Mar 27, the Chakra Lounge. Free.

New Arrival

Books, CDs, props, and more. All Dream Designs locations

Yogi's Special

Present your teacher certificate or current studio membership card and get 10% off all regular priced items at any Dream Designs locations.

Until Mar 31 10

Chakra Lounge Promo

Get 20% off regular yoga class and treatments at the Chakra Lounge when you spend $100 at any Dream Designs locations. Until Mar 31, 2010

Props on Sale

Up to 40% off
Available at all Dream Designs locations.

Until Mar 31, 2010

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Dream Designs store locations:
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