



BECOMING THE SUPERHERO OF YOUR OWN STORY

CHAKRA YOGA FOR HEALTH WORKSHOP

1. Physical Health

- TEMPTATION & fear
- waist-height ratio
- waist-hip ratio
- healthy weight
- % body fat & % muscle
- movement & timing
- meals & medications
- ADDICTION & pain

4. Mental Health

- TEMPTATION & fear
- anxiety
- anger
- depression
- memories
- mindfulness
- quality sleep
- ADDICTION & pain

2. Emotional Health

- TEMPTATION & fear
- emotional maturity
- quality relationships
- creative expression
- cravings
- reactivity range
 - sage <—> rage
 - angry teenager
- ADDICTION & pain

3. Spiritual Health

- TEMPTATION & fear
- meditation & prayer
- purpose & contribution
- connection to nature
- Ayurvedic lifestyle
- reactivity range
 - glad <—> sad/mad
 - toddler tantrum
- ADDICTION & pain

WATER CHAKRA YOGA & EMOTIONAL AGENCY
 Saturday, July 18, 2026
 10:30 am - 12:30 pm

ELEMENTAL of
 EMOTIONAL REALM



KNIGHT of WATER.

CHOOSE TO EMBARK ON YOUR SUPERHERO'S JOURNEY & FOLLOW YOUR B.L.I.S.S. TODAY!

1st & 3rd Saturdays

1. Physical Strength - 6/20
2. Emotional Agency - 7/18
3. Spiritual Awakening - 8/15
4. Mental Clarity - TBA



Be Happy



Get Healthy



Feel Connected

22
 OLD SOULS
 MAX

Want Friendly Help Registering?

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Want Chakra Workshop Info?

VeraQuijano.com
 SuperHeroEffect.US
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