



Join this Fall 2026 Special Event

Chakra Workshop Series



Saturdays from 1:00 – 3:00pm*

See specific chakra workshop dates below

This is a 7-part workshop series to deepen your understanding of the chakra system and how to utilize it as an insightful and powerful tool. Sign up for select classes or go through the entire series. Each class will have a meditation, breathwork and yoga practice dedicated to each individual chakra system. We will work through various exercises, journaling activities and discussion to tune into the knowledge and wisdom each chakra contains and learn ways to apply what you have learned to your daily life.

October 3
*(10:45-12:45)
October 3
October 10
November 7
November 21
December 5
December 12

- **Class 1: Root**
- **Class 2: Sacral**
- **Class 3: Solar Plexus**
- **Class 4: Heart**
- **Class 5: Throat**
- **Class 6: Third Eye**
- **Class 7: Crown**

\$40 per class

Purchase full workshop series for \$240

Purchase all 7 classes by September 12th for
special price of \$240 = \$34 per class

Suitable for ages 16 and up. Please bring your own mat, blanket or whatever you need to be comfortable, and water bottle.

***Registration Required - Reserve your place in class today! Book online at www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com