

# THE EMPOWERED HEART CHAKRA

WITH CHANTI TACORONTE-PEREZ & PHILIP BENDER

Discover the subtle dynamics of the heart chakra through the ancient art of yantra painting. Yantras are diagrams or forms that are said to symbolize mantras, chakras and deities, among other things. But when engaged in practice, they become something more and draw us into a relationship with the particular essence of what they represent. By painting yantra, we focus our attention on a very tangible, hands-on endeavor and somehow awaken to a new depth of experience.

In this workshop, we'll begin with a brief discussion of the heart chakra and proceed to a gentle practice of movement, mantra and meditation. Then we'll move directly to the yantra work so that each participant will learn to draw and paint the heart chakra and take it home with them as a reminder of their empowered heart.

Join us to explore your creative side and wed it to your yoga practice. In Silver Spring.



## Chanti (MA, ERYT500, Level 1 ParaYoga® Teacher, AYS)

Chanti's passion is to inspire students to find their creative Self through movement, effortless and sadhana. She has been studying and teaching yoga in the Tantric Hatha lineage since 2005 initiated by her teacher Yogarupa Rod Stryker, founder of ParaYoga. Chanti has studied the art of Restorative Yoga & the practical applications of yoga therapy with Judith Lasater and she travels to India yearly, where she studies Sacred Art with Mavis Gewant and Pieter Weltevrede. Chanti has recently completed her Masters at Pacifica Graduate in Humanities with an emphasis on Depth Psychology. Chanti is a guide in weaving the practices of Tantra, Yantra painting and Depth Psychology; she mentors students to awaken to their most purposeful, creatively-engaged life.

Philip Bender (E-RYT200, RYT500) creates yoga and meditation classes to facilitate greater joy, confidence and connection in the lives of beginners and experienced practitioners alike. His clear style, dry humor and occasional irreverence (for which he credits his no-nonsense North Dakota upbringing) allow him to share traditional teachings in an accessible way that inspires students to deepen their own relationship with what lies within. An initiate of the Himalayan tradition, Philip Bender is a senior student of ParaYoga founder, Yogarupa Rod Stryker, and of Rolf Sovik, Spiritual Director of the Himalayan Institute. Philip draws from his degree in philosophy, experience as a performing artist, nine years as a dad, and long-term personal practice to impart the profound yet practical wisdom of moving inward.



**Date:** Sat Nov 21 2015

**Time:** 12:00 PM - 5:00 PM

**Location:** Willow Street Yoga- Silver Spring  
8561 Fenton Street | 2nd Floor  
Silver Spring, MD 20910

**Register:** [www.willowstreeyoga.com](http://www.willowstreeyoga.com)

**Limited spaces available | \$95**



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