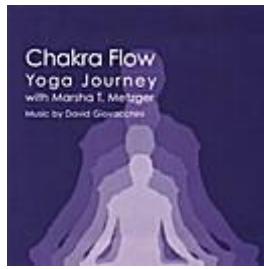


# Mp3 Marsha T Metzger - Chakra Flow



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Groove to your chakras. Yoga class for all levels. One hour class to open up all the chakras (or energy centers) that align the central channel of your body. 8 MP3 Songs NEW AGE: Yoga, SPOKEN WORD: Instructional Details: Marsha Therese Metzger, M.ed, creator of Chakra Flow-Yoga to Awaken your Chakras is a 500 hour Yoga Alliance Registered teacher who has been teaching yoga for over 10 years. She has trained almost 400 students in Color Me Yoga For Children and is now training teachers at the 200 hour level in Eashoa Yoga, a Christ Conscious Approach to Yoga. She has published two childrens books. She is also a dancer, choreographer, creator and passionate believer in the beauty of each day. Her websites are yoagom.com, colormeyoga.com, christinspiredyoga.com

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