

Awaken!

Written by Editor
Tuesday, 16 March 2010 11:36



Celebrate the Spring Equinox, help earthquake victims in Chile...

In the ancient myth, spring arrives each year when Persephone escapes her winter captivity in the dark Underworld. In celebration, her mother, the fertility goddess Demeter, adorns the earth in brilliant colors. This year, celebrate your own spring release of color and creativity at Yoga Chandra.

Saturday, March 20th

11:00 - 12:00: **Nia Dance Class** focusing on rebirth and renewal with Dragana Pavic-Zappia. \$15 per person or use your class card.

1:00 - 3:00: **Crafting Circle** with Ifetayo White and Kim Nichols- Cech. Create your own belly beads and share your stories, tales, traditions, rituals of birth, beauty, love, Spring. Bring enough beads, shells, and fetishes for your own creation and to share. We'll have stringing material and snacks. \$15 per person.

Please register in advance!

3:30 - 5:00 **Persephone Returns** – fan the flames of your own creative fire in a special yoga workshop with Kim Nichols-Cech. All levels welcome. \$15 per person.

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All proceeds from this event will go toward helping victims of the recent earthquake in Chile.

Yoga Chandra is on the second floor of the Lady's Island Marina, 173 Sea Island Parkway. To register for these events, or for more info, call 441-0766 or visit www.yogachandracenter.com .