

MEANE

Yoga Flow,
Breathing,
& Meditations



rewildingwithin.com

Illumine Includes

- Yoga Flow Video
- Tutorial on energizing the chakras
- Chakra Charts
- Balancing Breathing Meditation
- Chakra Sound Meditation
- Chakra Symbol Meditation
- Chakra Creativity Meditation
- Inner Arts Tool Kit



Illumine

- All video & audio available online & downloadable
- Displays beautifully on mobile, device, or computer
- No app necessary
- Self paced & deeply engaging
- An ongoing resource & practice



Chakras

The chakras are the subtle energy supporting the physical organs and health of the body as well as mental and emotional awareness.

Accessing well being from the chakras is entering the core. Illuminating into all aspects of self is the play of the chakras.

Welcome to Illumine.

~ Shelley



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