

dibellayoga

The Depot Shoppes

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VICHARA

- A PROCESS OF SELF INQUIRY

What is Vichara?

A guided experience through a series of questions that help you see the workings of your mind more clearly

- An opportunity to identify and dispose of thought patterns that do not serve you
- A process that shifts your mind/body toward grounded awareness, Embodiment® for your mind

Each session is an hour

Sessions can be done over the phone

\$75 for one session / \$195 for 3 sessions / \$300. for 5 sessions

Who would benefit from VICHARA?

Self—inquiry is beneficial anytime, and can be

Especially helpful when:

- You are in transition and seeking clarity
- You are stressed and stuck in a cycle of negative thinking
- You want to change habitual approaches to the issues in your life
- You desire a deeper understanding of yourself



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Kelly has been a serious student of yoga for over 10 years. She has been teaching classes and supporting others through yoga and meditation for 8 years. Kelly's positive and accessible personality inspires her students to delve more deeply into the full range of yoga's tradition of experiencing the Self.