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### HAYC3 Offers New Workshop on Chakras

**Hoosick Falls, NY**—HAYC3 is pleased to announce a new workshop in their Wellness Series. A Chakra Workshop titled: “Energy Centers: An Introduction to the Chakra System.” Chakras are the seven life-force energy centers. Each one is associated with the body organs, endocrine system and aspects of human behavior and development. We will talk essence of each chakra and how it affects our physical, mental and spiritual health and explore ways that will suite the individual to clear the blocks and open the energy flow.

The workshop will be held on three Tuesdays in February on the 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> from 7:00pm-8:00pm. The workshop will take place downstairs in The Keep. The cost for each workshop is \$10.00 and RSVP is required.

To learn more information on this workshop or for more information on HAYC3, call **518-686-9050**, email [contacthayc3@gmail.com](mailto:contacthayc3@gmail.com), or visit [hayc3.org](http://hayc3.org).

**ABOUT HAYC3:** *HAYC3 (Hoosick Armory, Youth Center, and Community Coalition) is a rural revival and community arts organization based in Hoosick Falls, New York. HAYC3's goal is to restore rural sustainability and drive economic development through art, culture, education, and health. We work toward these goals through being a community incubator, an art center, and a place of opportunity. The HAYC3 Armory is located at 80 Church Street, Hoosick Falls, NY; for more information, please call [518.686.9050](tel:518.686.9050) or visit the website at [hayc3.org](http://hayc3.org).*