



Workshop Outline

WORKING WITH THE CHAKRAS

WHAT IS IT ABOUT?

The Chakras, or 'energy centres' were first written about in the Vedas over 2000 years ago, and the significance and practical use of working with these mystical convergences of energy has transcended time and culture to become a well known and respected part of popular culture and holistic therapy.

WHO WILL LOVE IT?

Anyone with an interest in the magical and the mystical, new energy healers (psychics, Reiki practitioners, Yogis) may benefit from a deeper exploration of the chakras, their correspondences in other magical practice, and the benefits of working with them.

WHAT WILL I GET OUT OF THIS SESSION?

During this session you will learn the basics of the history, location, correspondences and ways of working with the system of chakras. After attending the session you will:

- Have a greater understanding of the chakra system.
- Have the confidence and knowledge to explore what resonates for you personally with the chakra system, and for practitioners, apply this learning to treatment of clients.
- Be filled with a new respect for and understanding of our inner 'flow' of energy as an actual, tangible reality.

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WORKSHOPS