

Chakra Healing Meditation Workshop

with Carolyn Freeman

Local venue near Fleet TBC*

£30

Saturday the 25th
March 2017
2:00pm - 4:00pm

For more details, please contact Carolyn
by phone on 01252 627505 or 07713 792913
or email at cjf@reiki-spirit.org.uk
www.reiki-spirit.org.uk



* Venue dependent on numbers
To be held at either
43 Albany Road, GU51 3PU or
Ewshot Village Hall, GU10 5BX

Chakra Healing Meditation Workshop

A beginner's workshop to the benefits of using colour visualisations, breathing techniques and meditations

In this two hour healing workshop, you will learn:

- The seven major colours of the chakra centres
- How to become aware, balance and cleanse your energy centres
- How to meditate with breathing techniques on the energy centres
- How to balance and ground your own energy

This workshop is suitable for all abilities, including novices and beginners. All ages welcome*

Carolyn has been using meditation in her daily life for more than ten years through yoga, reiki, tai-chi, still meditation, moving meditation and mindfulness.

Carolyn uses energy awareness and reiki to teach and help others to meditate intuitively.

Carolyn uses humour and individuality during group work so that all levels find her classes and workshops fun, accessible and interactive.

* Under 16s to be chaperoned by a responsible adult