

Chakra Workshop

at

The

Rarest Gem



**Come and explore
your chakras**

This experience based workshop, suitable for all levels, will show you how to use the **chakra system** to bring your dreams to fruition. You will begin to understand the different qualities of each of your chakras, learning how to use them to manifest and create your goals. Everyone has blocks when they create – the difference is knowing how to handle the blocks. This workshop shows you how.

Kundalini Yoga teacher Kathy McLean will lead you through gentle, restorative postures, guided meditation, and a deep relaxation practice (Yoga Nidra) concentrating on the chakra system helping to balance and refresh your body, heart and mind.

Sunday 5th December 11am to 4pm

Early bird special before 25/11/09 \$80 Payment after 25/11/09 \$100

Limited numbers so please book early. Phone **8431 0419** to register.

The Rarest Gem

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