



*The Study of
Energy Anatomy*

THE 7 HEALING CHAKRAS

- Learn to take care of the whole self to clear blocks in your energy system.
- Reclaim your power to heal yourself by learning to understand yourself.
- Learn the Energy Chakra System.
The chakras represent the physical, emotional and spiritual aspects of all parts of your body and mind.
This energy or life force assimilates and distributes energy in the human body.
- Learn to fine tune your chakras allowing a free flow of energy throughout your body and mind.

The journey to wholeness should be fun even though at times it will not be pain free. If there is pain, try not to resist. Allow yourself as much love and compassion as you can muster.

We will study all aspects of a different chakra, work on questions about ourselves for insight into each chakra- are you balanced or out of balance?

CLASSES HELD MONTHLY

(If interested call for more information, location and to reserve a spot.)

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Cash or check only. Please make check out to:

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COME BECOME THE BEST YOU CAN BE!