



Chakra Vibrations

Journey to Consciousness

Sun 18th March 2018

14:00 -17:00

With JC Rawady & Heather George
The Thames Club, Wheatsheaf Lane,
Staines, TW18 2PD

£35 Thames Club members, £40 non-members

The Chakra system is an ancient map detailing the 7 subtle energy centres linking the mind, body and soul.

Vishuddha (throat) chakra is the centre for communication and purification. Working with this energy can assist to improve communication skills, artistic creativity and be able to express our truth. When we balance this chakra it allows us to verbalise our ideas, hopes and dreams.

Ajna (third eye) chakra is the command centre of the subtle body and the source of intellectual understanding. This is where perception meets logic. Working with this energy can enhance our intuition and get a clearer insight into our purpose in the world. It is the source of emotional intelligence. From here we can cultivate creativity, imagination and dreams.

Sahasrara (crown) chakra is our gateway to infinite consciousness. It provides the energetic connection where we are able to transcend our sense of duality to bring us knowledge, deeper understanding and our spiritual connection.

Heather will introduce the chakras including pranayama, mantra, meditation & visualisation.

JC will explore asana & mudras to help tune and balance the chakras to help release any blocks, allowing flow of energy through the body so you feel whole, strong and connected to the self.

We will end the workshop with a healing sound bath to leave you uplifted and in total bliss.

3 CPD points for teachers
registered with the
Yoga Alliance UK



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