



Chakra Vibrations

Enhancing personal stability,
creativity & power

Sun 26th November 2017

14:00 -17:00

With JC Rawady & Heather George

River Bourne Club, Heriot Road,

Chertsey, KT16 9DR

£35 River Bourne members, £40 non-members

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

Heather will introduce the first three chakras (root, sacral & solar plexus) – our external reality; with their corresponding physical, emotional and psychological interactions. She will include pranayama, mantra, meditation and visualisation for each chakra.

JC will explore Asana & Mudras to help tune and balance the first three chakras. Each chakra is associated with particular functions within the body. Practicing poses that correspond to each chakra can help release any blocks, allowing free flow of energy through the body helping you to 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



To book contact:

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