



Chakra Vibrations

Divine Mystery of Consciousness

Sun 29th April 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.

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 chakra including pranayama, mantra, meditation & visualisation.

Jean-Claude will work on strengthening the core and the shoulders to prepare for and then breakdown the Sirasana pose (head stand) with variations for those not ready or able to do a head stand. We will see how we shift our focus and gaze when we turn ourselves upside down and see the world from a different perspective. This will provide a practical experience of the benefit of the inversions:

1. **let gravity help blood flow back from the lower body to the heart;**
2. **Helps your lymphatic system** - encourage the flow of lymph back to the heart to support your immune system;
3. **Energises you and builds confidence** - The psychological effect of achieving an inversion;
4. **Improves your balance** - helps create better body awareness through your senses experiencing an unfamiliar relationship with gravity;
5. **Builds core strength** - we need to engage our core to stay upright;
6. **Improves focus** - we really need to focus to balance when upside down.

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

To book contact:

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3 CPD points for teachers
registered with the
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