



Chakra Vibrations

Living your life from love

Sun 21st January 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.

Heather will introduce the heart chakra, the energetic centre of the subtle body, the most powerful link between our physical and spiritual realms. Working with the energy of this chakra can assist us to find emotional balance in life and develop an attitude of loving kindness. She will include pranayama, mantra, meditation and visualisation.

JC will explore Asana & Mudras to help tune and balance the chakra. Practicing poses that correspond to the 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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