

Chakras Workshop

No previous experience necessary. Chakra is Sanskrit meaning wheel. The more balanced we feel the more healthy we become. In this practical workshop you will explore:-

- chakras and where they are located in the body
- learn their Sanskrit names
- how to balance chakras
- chakra meditations

Light refreshments provided and comprehensive notes accompany all our workshops.

Workshop = £25

To book

To book any workshop or therapy/treatment please contact Julie

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