



Chakra Energy Course

The Magic of Chakra Energy - Expanding consciousness through Form, Movement and Creativity A series of 8 workshops

This course begins with aligning and energising the Base Chakra and working with the Kundalini energy – the Sun energy. The course work continues right through to the Crown Chakra. As we work upwards through all the chakras we release blockages and access heightened awareness

Each week, each successive chakra is covered separately in terms of its name, meaning, location, the element it is connected to (air, fire, earth, water), the colour of the element, the shape of element, the seed sound of the element, the colour and carrier of the seed sound, its number, the colour and seed sound of the petals, the aspect it is linked to as well as the predominant sense, the sense organ, the work organ, the plan and the ruling planet of the chakra.

The Chakra Energies course is a powerful tool which is used to enhance self development and healing through chakra alignment and energising. This provides you with the ability to further enhance healing techniques to assist yourself and others.