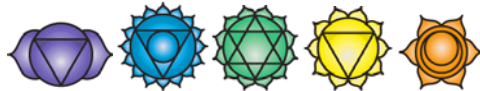


Chakra Workshop

Activate and balance your chakras through hypnosis



In this workshop you will learn:

- ❖ what chakras are and how they function in the body
- ❖ the seven focal points for manifesting of energy of the subtle body
- ❖ how to unblock any areas that are keeping you from optimal well-being
- ❖ how to use color and guided imagery
- ❖ how to release stress and tension from the physical body through the chakras
- ❖ how to noninvasively localize oxygenation, energy flow and pulsation
- ❖ how to harmonize your left and right brain functions
- ❖ the interpretation of symbols during hypnosis
- ❖ tone the chakras with a singing bowl

Come Learn Something NEW!

Facilitated by Hypnotist Ute Carson

