

Chakra Rebalancing Workshop



Instructor Abby MacRae

Sunday, Nov. 9th

3 to 5 at the Retreat House Massage & Wellness Center

693 East Avenue at Oxford Street
(enter from Oxford)

\$35.

Sorry, attendance is limited to 7 participants. Book early!

call 271.7690 or 503.5610

If you've ever been curious to learn more about chakras or simply want to learn a gentle and deeply relaxing way to stay balanced, try it out!

Our afternoon will include a brief introduction to the chakras followed by a detailed guided imagery **meditation**. During the meditation, you will explore each chakra in depth, rebalancing as we move up the spine through all 7 energy centers. Taking this knowledge to a deeper level, you will learn to integrate **mudra** (hand gestures), **Sanskrit** seed syllables (vibrational tones), and **asana** (yoga postures) for each chakra.

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