Transpersonal and Integrative CPD

Balancing The Chakras

(It's not all woo-woo)

Psychological, Physical and Spiritual Practices To Unblock Energy, Change Repetitive Behaviours And More…

* **Woo-woo**: *adj*. concerned with emotions, mysticism, or spiritualism; other than rational or scientific; mysterious.

Sat 17 & Sun 18 September

The chakra system was formulated thousands of years ago and written about in the Yoga Upanishads and Tantric texts. Chakras are vortices of energy which receive, assimilate, transmit and transform energy. Traumas and abuses during childhood developmental stages can and do cause chakra imbalances which impede the flow of the life force and which, left unattended, cause physical, emotional and behavioural symptoms.

The life force ~ the *Chi*, the *Ki*, the *Prana*, "*The Force*" ~ is the mystery that makes us who we are. When the liberating and manifesting, expressive and receptive currents of the life force are blocked, we can become stuck in repetitive patterns of behaviour, either focusing excessively on a particular type of energy or spending a lot of time avoiding it. This part-lecture, part- experiential workshop will help you help yourself and/or your clients to move blocked energy, change repetitive patterns and feel more vital and alive.

Lynn Somerfield
psychotherapy

Over the course of this two-day workshop, we will explore:

- causes of imbalanced chakras and how to recognise the signs
- physical techniques to facilitate chakra balancing including bodywork, sound and breath work and some yoga postures
- psychological interventions and spiritual practices to balance the chakra system

Draw your own chakra map
By the end of the workshop, you will have your own 'chakra map' and a plan of how to work on yourself and your clients using this excellent theoretical model which bridges the spiritual and the material, the mind and the body.

Who the workshop is aimed at
- Transpersonal and integrative psychotherapists and psychotherapists-in-training
- Counsellors and student counsellors
- Body workers
- Yoga practitioners
- All interested parties

The location	Violet Hill Studios, 6 Violet Hill, St., John's Wood, London, NW8 9EB (closest tube Maida Vale).
The dates	17 & 18 September 2022
The times	10am – 5pm
The cost	£235
How to book	Please email to secure your place or sign up via the website www.lynnsomerfield.com/workshops/

A training manual will be provided, together with Certificates of Attendance. This workshop can count towards 12 hours of CPD for therapists.

About Me
I've been a psychotherapist, supervisor, lecturer and workshop leader for 22 years.For more information please visit
www.lynnsomerfield.com
email: lynn@lynnsomerfield.com
tel: 07762 738238 | website: www.lynnsomerfield.com
Hold your camera over QR code, bottom right and it'll take you straight to my website.

Qualifications: MA Trans. Psych. (Distinction),
Dips Trans Psych. Couns., Advanced Trans.Psych.
Supervision, EMDR Practitioner.
UKCP Accredited.