

Balancing The Chakras

(It's not all woo-woo*)

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

12 & 13 March 2022



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 can and do cause chakra imbalances and blockages which impede the flow of the life force which, left unattended, cause physical 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 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 creative and experiential workshop will help you help yourself and /or your clients to move blocked energy, change repetitive patterns and feel more vital and alive.



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

- causes of imbalanced charkas and how to recognise the signs
- physical techniques to facilitate chakra balancing including bodywork, sound and breath work and hatha 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 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
- Anyone who's interested - just call me if you're worried about whether it's the right workshop for you!

When you attend

- Please wear comfortable clothes
- Bring a yoga mat, if possible

Training manual and CPD certificates of attendance. A training manual will be provided, together with Certificates of Attendance.

The location Violet Hill Studios, 6 Violet Hill, St., John's Wood, London, NW8 9EB (closest tube Maida Vale).

The dates 12 & 13 March 2022

The times 10am – 5:15pm

The cost £235

How to book Please email to secure your place or sign up via the website www.lynnsomerfield.com/workshops/

About Lynn Somerfield

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