



Lynn Somerfield
psychotherapy

Workshops

Balancing the Chakras

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.

I am offering this workshop to explore what can be done when the chakras are out of balance. 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.

During this workshop, we will explore chakra balancing strategies to help you help yourself, and your clients. Over the course of this two-day workshop, we will explore:

- Physical techniques to facilitate chakra balancing including massage (over clothing), reflexology, sound and breath work and some gentle 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 is the workshop aimed at?

- Those interested in personal development
- 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 for you!

When you Attend

- Please wear comfortable clothes
- Bring a yoga mat
- Wear socks or knee-highs because (for those who are up for it) ~ we'll be working on each other's feet.

The Location 9 Orme Court, Bayswater London W2 4RL
Next to Kensington Gardens.
Nearest Tube Stations are Queensway and Bayswater.

The Dates 2nd & 3rd October 2021

The Times 10am – 6 pm

The Cost £230 (£110 non-refundable deposit)

How to Book To secure your place on this Workshop, please either email me at lynn@lynnsomerfield.com or sign up via my website www.lynnsomerfield.com

Training Manual and Certificates of Attendance

A training manual will be provided, together with Certificates of Attendance.

Workshop Leader

For more information about the workshop leader Lynn Somerfield, her therapeutic style, approach and qualifications, please visit...

www.lynnsomerfield.com/about-me