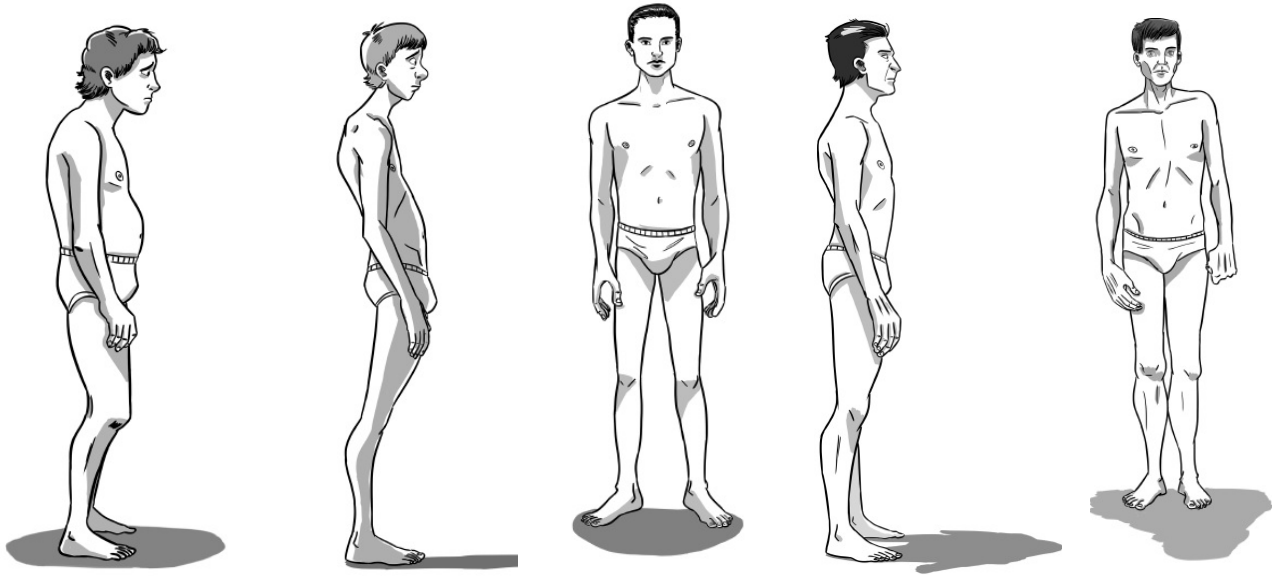


Balancing The Chakras to facilitate change



Lowen's Body Types

11 & 12 November 2023

Violet Hill Studios, Violet Hill, London, NW8 9EB

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, if left unattended, causes 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 happen when the chakras are out of balance, how this results in stasis and what can be done about it.

When the liberating and manifesting currents of the life force are blocked, we develop 'body armour' or

character styles/body armour (see above) which cause us to become stuck in repetitive patterns of behaviour, either focusing excessively on a particular type of energy or spending a lot of time avoiding it.

On this workshop, we will explore chakra balancing strategies to help you help yourself and/or your clients.

We will explore strategies and interventions such as:

- physical techniques to facilitate chakra balancing including massage (over clothing), reflexology, sound and breath work and hatha yoga postures
- psychological interventions
- 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 astounding map which bridges the spiritual realm and the material world.

Who the workshop is aimed at

- If you're interested in personal development, this workshop is for you.
- A 'must' for transpersonal and integrative psychotherapists and psychotherapists-in-training
- Counsellors
- Body workers

When you attend

- Please wear comfortable clothes
- Bring a yoga mat or please be prepared to lie on a carpeted floor
- Please advise me in advance if you have serious health problems or any disabilities.

Training manual

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

The location

Violet Hill Studios, 6 Violet Hill, London, NW8 9EB

The dates

11-12 November 2023

The times

10am – 5 pm

The cost

£250 (fifty percent of which is non-refundable; if cancelled less than 30 days before workshop, the full fee is payable.)

How to book

Please email Lynn to secure your place on this workshop and to request an invoice.

About Lynn Somerfield

I've been in private practice as a psychotherapist since 1998. Prior to that, I worked in the advertising industry for around 20 years as an Account Director. En route to becoming a psychotherapist I studied and qualified with Diplomas in Anatomy & Physiology, Holistic Massage, Advanced Massage, Clinical Aromatherapy and Reflexology. I then studied for a total of 10 years at the Centre for Counselling and Psychotherapy Education (CCPE) graduating in 1998 with a Diploma in Transpersonal Psychotherapy and going on to obtain an MA (Distinction) in Transpersonal Psychotherapy in 2000, followed by Diplomas in Supervision and Advanced Psychotherapy and EMDR Parts 1, 2 and 3. I am a member of the UKCP and abide by their Code of Ethics.

I continue to study and develop as a psychotherapist with regular supervision and CPD trainings.



Hover your mobile phone camera over the QR code above and click on the 'open in chrome' link.

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