



## Welcome to Chakras 101!

Healing Chakras is an online workshop to introduce you to the world of Prana, Aura and Chakras. The workshop will not only introduce you to these concepts but is intended to help you learn simple techniques so that you can start to heal and use these energies to improve your life experiences.

Did you know that every low emotion, physical pain or illness, destructive habits can be traced a imbalanced Chakra? Did you also know that a balanced and fully activated Chakra manifests as clear mind, feeling joy and happiness, healthy functioning organs, and energy to make things happen?

Chakras or energy points are powerhouses and are responsible to a lot of physical, emotional and psychological functions.

### What you get in the workshop:

- Understand what are Chakras and their functions.
- Learn simple techniques to balance your chakras.
- Practice meditation to activate your chakras
- Receive chakral healing and energy clearings.

**Who should attend:**

- A newcomer / novice who is interested in learning and understanding Chakras.
- Anyone who has heard something about them but would like to finally learn and use simple, easy to do techniques for themselves.

**How many days:**

There will be a total of 5 sessions, 2hrs each, starting 20th July, Monday.

Time: 7pm till 9pm IST

**Schedule:**

Session 1: 20th July, Monday

Session 2: 22nd July, Wednesday

Session 3: 24th July, Friday

Session 4: 27th July, Monday

Session 5: 29th July, Wednesday

**Where:**

Online: Zoom links will be sent out after registration and payment. Recording will be available for 10 days post the session.

To Register please fill out this form - <https://forms.gle/sEZB3xjn2CZPVSNA>