

Kundalini & Chakra Clearing Workshop

Come to this powerful workshop to clear your chakras and raise you Kundalini for healing on the physical, mental and emotional levels. You will be given a Chakra test to determine which chakras are weak and which are strong.



What to Expect

- ◆ Chakra test to determine strength of chakras
- ◆ Routines you can do at home to prevent new blockages
- ◆ Yoga & Breathing Exercises
- ◆ Learn symptoms of Kundalini rising
- ◆ Energy Medicine techniques to clear and balance your chakras
- ◆ Ancient meditations using toning/sound and breath work.
- ◆ A powerful guided chakra clearing meditation

Benefits of clearing your chakras can be found on the physical, mental and emotional levels. This workshop will help with any imbalance found on any of the three levels.

Benefits of Kundalini & Chakras Clearing

- ◆ Improved Physical Health
- ◆ Prosperity, Right Livelihood
- ◆ Ability to Embrace Change
- ◆ New Passion & Confidence
- ◆ New Higher Awareness
- ◆ Transcendental States
- ◆ Improved Self Discipline
- ◆ Better Memory
- ◆ Enhanced Imagination



We will engage in the oldest known science of awakening the Kundalini, coiled up at the base of the spine. Awakening the Kundalini is a technique to reach enlightenment, to be awakened as Jesus and Buddha were.

We all have an underlying drive to reach the awakened state, to experience heaven on earth. The flow of the Kundalini up the spine brings new awareness, new abilities, transcendental states. When the Kundalini rises physical, emotional or mental memories are unlocked as it cleanses.

Date: Saturday January 12, 2013

Time: 9am – 12:30pm

Location: Roots & Wings, Natick Ma

<http://www.rootsandwingshealingarts.com/>

Fee: \$95 if register or \$120 at the door

To Register: Email Lynda
RHealingCenter@gmail.com