



Chakra Awakening-3 CE's

With Essences, Oils & Stones

“Cutting the Cords of Negative Energy”

Facilitated by Debbi Quinn, R.A., LMT

In this workshop we will delve into the 7 major Chakra points & the importance of keeping each center open & healthy, effective ways to balance & enhance the chakras & aura, individual characteristics of the Doshas as well as the importance of ritual in our daily lives.

Discover how different essential oils & crystals resonate with the aspects of a specific Chakra, enhancing our daily lives for harmonic balance & self-development. Bring mat or blanket (also pillow if needed for head support)

We end with application of oils, personal color visualization & grounding meditation to remove blockages, cut cords, balance the aura & strengthen your auric shield. Fee \$45

Approved by CE Broker, NCBTMB, Holistic Nursing Association & Yoga Alliance

Due to CE's & Supplies Needed, Please Reserve your Spot by 12/24/17

Date/Time: Thursday December 28, 6-9:00pm

Book & Bead Outlet

950 N. Courtenay Pkwy Suite 20 Merritt Island, FL

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