

Explore the 7 Chakras in 7 Weeks

Mondays; 8-9pm (UK) / 9-10pm (Spain)

Mar 11th, Mar 18th, Apr 1st, Apr 8th, Apr 15th, Apr 29th, May 13th



With Angie Beadle

Journaling, Meditating, Mantra and Deep Relaxation.

The chakras are the seven centres of energy that move through your subtle body, starting at the crown of your head and traveling down to the base of your spine. When spinning properly, each chakra allows energy to flow through the body.

March 11th **Muladhara (Root) Chakra.** Grounding and Stability.

March 18th **Svadhithana (Sacral) Chakra.** Creativity, Flow and Sensuality.

April 1st **Manipura (Solar Plexus) Chakra.** Discipline, Motivation and Strength.

April 8th **Anahata (Heart) Chakra.** Unconditional Love and Self Compassion.

April 15th **Vishudda (Throat) Chakra.** Communication, Self-Expression and the ability to Listen.

April 29th **Ajna (Third Eye) Chakra.** Self Reflection and 'Knowing'

May 13th **Sahasrara (Crown) Chakra.** Divine Connection.

Please Bring; Warm Clothes, A Journal and Pen, Mala Beads for Mantra Practise, A Large Cushion or Bolster to sit on, An Eye Mask for Relaxation, A Willingness to Learn and Grow.

Price

£12 per session or £70 for 7 sessions

To reserve your spot contact Tamara (tamara@angiebeadle.com) or Angie directly.

