

Kundalini for the Chakras Workshop with Jacquie Sadek



For those who have an intense urge for Spirit and wisdom, it sits near them waiting.” Patanjali

Awaken and heal your spirit, clear the blockages through the spine by activating your Kundalini energy. In this three-hour workshop we will explore opening up the Chakras (vortexes or wheels) through kriyas and connecting with our higher self.

In these turbulent and unsettling times we live in, with Pluto and Saturn in Capricorn, it is time to raise your vibration from the base and sacral Chakras, which most of us operate from. Infuse spirit with your Electromagnetic field known as the Eighth Chakra in Kundalini, to protect and strengthen your Aura and surround your physical body with health, vitality and energy.

“Jacqueline Sadek (500ERYT) is a senior yoga teacher at Bodytree. She trained with a traditional Indian Hatha yoga teacher, Shanti Gowans from The Meditation Institute from 1998-2001. She then undertook further international training with Samadhi Yoga, Simon Low (Yoga Academy U.K) and Kathryn McClusker in Hatha, Yin and Kundalini yoga.”

- 🌿 **Date** : Friday 9 November
- 🌿 **Time** : 9am-12pm
- 🌿 **Cost** : AED 285

Prior registration and payment are required
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