

Chakrathon – Chakra Salutations and Meditation with Yash



The chakras are vortices of psychic energy. A chakra is like a centrally placed electricity pole from which electrical wires are run to different places, houses and streets in the vicinity. There are seven chakras in the body which are not only directly connected with the human body but also with the higher unilluminated centres of the brain.

Chakrathon is a 2-hour practice to increase the awareness of the presence of chakras within us. The aim of the practice is to understand how the health of these energy centres can affect our daily life and how we can work on the chakras.

in the workshop will you learn the location of chakras in the body, experience awareness within each chakra, explore animals, elements, colours symbology of each chakra, learn how to remove the obstructions and blockage in each chakra and practice chakra balancing.

- 🌿 **Date:** Friday 18 January
- 🌿 **Time:** 5pm-7pm
- 🌿 **Cost:** AED 175

*All prices are inclusive of VAT.

Prior registration and payment are required

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