

CHAKRA MEDITATION WORKSHOP

A 6 hour course for beginners to chakras and meditation. In Baner, Pune.

What is covered in the course?

In this course you will be taught how to do chakra meditation by yourself. You will also be given guided audios with which you can practice at home.

During the course you will be taught meditation basics such as how to sit, what to focus on, common obstacles and how to overcome them.

A big part of this course also teaches theory – why should one meditate, what happens when you meditate, what are chakras, what is the function of each chakra, what happens when a chakra is imbalanced.

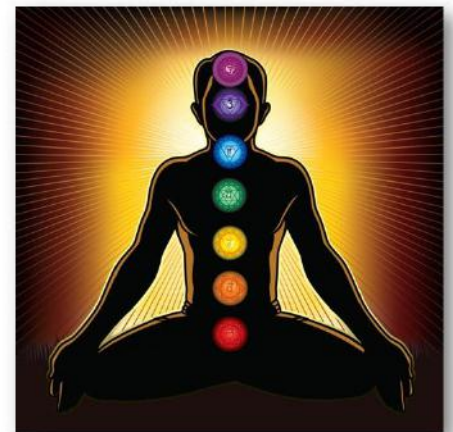
What can you expect?

After the course you will have working knowledge of the chakras that you can use in your day to day life. Some people also get to sense and feel their chakras and the energy body.

If one practices the chakra meditation regularly, they start noticing a difference in their mind and body within 5-15 days.

Benefits of Chakra Meditation include:

1. Calmer, more peaceful mind
2. Better sleep
3. Improved focus
4. Reduced pain
5. More energy



Course Details

Yes 2 Life, Energy Healing

A-1102, Kapil Tranquil Greens, Kapil Tranquil Greens Rd, Near Kapil Malhar, Off Baner Rd, Baner

Class Duration: 11 a.m. to 5 p.m.

Happens monthly. Fees: Rs 2000.

You receive: Detailed Chakra Workbook, Guided Audio for home practice, lunch

Pls check facebook page www.facebook.com/Y2LStudio for schedule.

