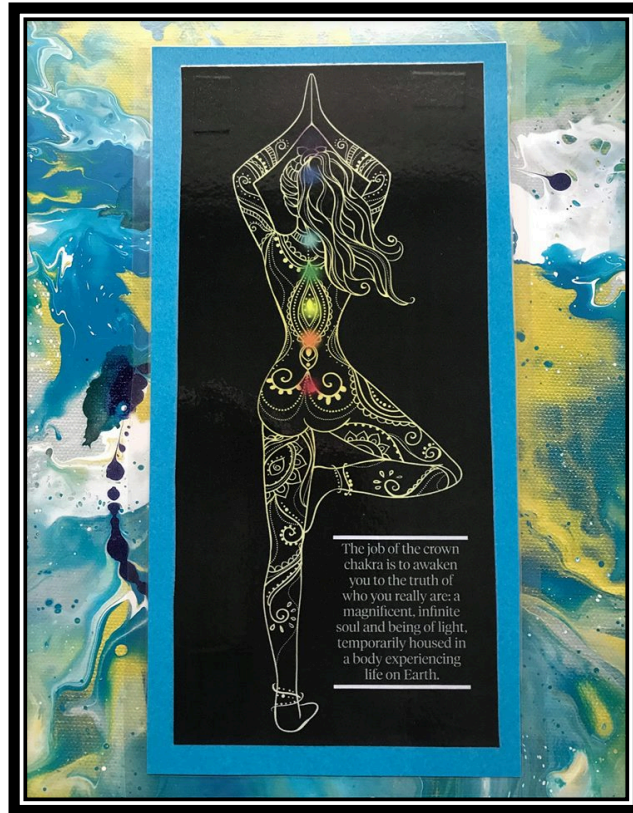


# Chakras & Moving Energy

Cara Elliott  
(Energy Healer)



Emily Spence  
(Naam Yoga  
Teacher)

(Image: Wellbeing.com.au)

We are offering a new and exciting workshop focusing on the movement of energy through our spiritual and physical bodies.

A workshop offering the opportunity to:

- ✓ Develop a greater understanding of our Energy bodies (Aura) and Energy Centres (Chakras)
- ✓ Learn & practice some easy and highly beneficial Naam Yoga Postures, Mudras and Mantras
- ✓ Learn more about chakra colours, sounds, crystals, and energy anatomy.
- ✓ Take home notes and practical skills to enable you to connect with your chakras, nourish, strengthen, balance/clear them.
- ✓ No yoga experience required. Beginners welcome.

For registration and information:

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