

THE CHAKRAS

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WHAT IS A CHAKRA?

A chakra is an power center in the body that energy flows through. If not cared for, these energy centers can become unbalanced or closed.

HOW WILL THIS HELP?

In class, you will explore how chakras affect your life.

You will learn about the seven main chakras and how they connect to the physical, mental, and emotional bodies.

Writing will be used as a tool for self-discovery and increased awareness. Each activity will help you understand how that chakra affects your life, reality and well-being. The activities will also help you to open and balance each chakra.

Join us to learn more about who you are through fun and engaging writing activities. No prerequisite writing skills are needed! Your writing is private, unless you choose to share.

WHERE & WHEN?

