

Chakra Workshop

Saturday February 26th 2-4pm



BALANCE studio

195 E. 200 N. Alpine, UT



Explore the Energy Channels of the Body
(YACEP Approved for 2 CE's)



A magical, experiential Journey designed to help you uncover blocked energy and learn how to reframe sub-conscious programming to free yourself from limiting belief patterns.

- ♥ **RECLAIM** your Creative Expression to experience more joy
- ♥ Get **GROUND**ED to experience more health & energy
- ♥ **MEET** challenges in your life with decisiveness & courage
- ♥ Find **INNER PEACE** through compassion & understanding
- ♥ **EXPRESS** yourself freely and comfortable through your voice
- ♥ Tap into **YOUR INTUITION!**

Register: \$30/\$35 at the door.

Via Venmo @linda-black-3

or Call: (801) 787-2515



Linda Black, E-RYT500, IHC, C-IAYT