

Energy Centers & Chakras Workshop

Saturday January 19, 2019
10:00 a.m.-12:30 p.m.



This workshop will cover the 7 energy centers (also known as Chakras), what they are, when they develop, the “symptoms” when they are out of or in balance, and how to balance them. When we have anxiety, certain emotional reactions to specific things, digestive or eating issues, acne or eczema, a tendency to give more to others while neglecting our self, creativity, self-esteem problems, addiction, and many health complications among other things it is a sign that our body is out of balance somewhere. In Chinese medicine, Ayurvedic Medicine and many other cultures they have found that there are energy centers in our bodies from which imbalances occur. In this workshop, we will go through each energy center and we will briefly go over specific yoga poses, Young Living essential oils, using natural stones such as quartz and amethyst etc, foods, and even Bible scriptures for balancing and supporting each energy center.

In the Midwest, we live in a Modern Medicine focused society and we are pumping our bodies full of unnatural pills and chemicals to treat things that can possibly be handled by finding a better balance within our own unique selves. We are told that some of these natural means of essential oils and other things are ridiculous, but our bodies are literally made up of chemicals and elements FROM the earth and therefore can respond to these natural oils and more natural things in a positive way instead of synthetic elements.

Join us at this workshop to gain more knowledge of the energy centers or maybe just to listen in and find where you might need more balance in your life. Take what you need from the workshop and feel free to leave the rest. We are each unique and no one thing will work for all of us. I hope to see you there!

~Amanda Wheeler, Master YogaFaith Instructor and yogahour teacher