

Chakras: Restoring Balance and Flow in Your Life

Wednesday, August 16th

6 pm to 9 pm

**St. Louis Counseling and Wellness in Richmond Heights:
1053 South Big Bend Blvd, Suite 200, STL 63117**

Do you struggle with feeling truly present in your life?

Do you feel disconnected from your passion for life?

Is it hard to assert your will and feel your personal power?

Is it uncomfortable to receive love?

Do you have a hard time expressing yourself?

These are signs that your chakras are out of balance.

Chakras are wheels of light spinning in our bodies. When they are balanced and clear, energy flows through us easily. In this workshop, you will learn the information and tools you need to work with your chakras at home. You will leave with a greater understanding of how to identify chakra issues, address them and release blocks to your personal growth.

Cost is \$60. Payment due at time of registration. Seating is limited.

Contact teresa@stlcw.com or 314-322-2885 to register. Sign up by July 26th, and save \$10. Please include your name and contact telephone number in email.

Cancellation requests made between 7 and 30 days prior to the start of the workshop, you will be charged 50% of the original workshop fee. No refunds will be available for cancellations within one week of the workshop.