



CHAKRA BALANCING TO RELEASE STRESS, IMPROVE HEALTH AND ENHANCE RELATIONSHIPS

Where: 5 Northern Boulevard, Unit 16, Amherst, NH 03031

When: Sat. Nov. 1st, 2014 from 9 A.M.-12 P.M.

Cost: \$45.00 • IPPW Members \$40

Space for this workshop is Limited

Please Contact Karen@livingenergyworks.com or 603-321-6763 for questions or to register

ENERGY...WORKS!

When energy is abundant, free flowing and coherent you experience ease, optimal wellbeing and an effortless ability to express your true nature...your authentic Self.

In this 3 hour workshop you will learn:

How Chakras influence your health, happiness and well-being
Role of each chakra in your life, its strengths and weaknesses
Signs of blockage and imbalance in the energy system
Approaches to restore health, flow and balance to your system

Techniques to:

- Ground and center energy for greater clarity, concentration and well being
- Use sound, color and imagery to release stress and rebalance energy
- Develop heart coherence for improved relationships, and intuition

Each participant will receive a Chakra Assessment Questionnaire and Chakra Workbook to personalize the material learned in this workshop.

Contact hours available for nurses

Program Facilitator:

Karen Kallie is a Nurse-Psychotherapist with advanced training in Mind-Body Medicine, Energy Psychology and Chakra Healing. She received her nursing degree from Mass. General Hospital and her Masters in Counseling Psychology from Lesley College. Karen is certified in Mind-Body Medicine, Ericksonian Hypnosis, Interactive Guided Imagery, Reiki, Therapeutic Touch, Emotional Freedom Technique and Quantum Psychology.