



Chakras Unplugged: Self-Care From the Inside Out

A compassionate, holistic, heart centered approach to self-care

Recognizing and Resolving Self-Care Deficiency Syndrome

Are you exhausted by the demands made on your time and energy?

Do you find yourself short on patience and frustrated?

Is it difficult to find time and space for yourself?

Do you feel overwhelmed and overworked?

Do you feel guilty saying "No"?

Learn how to:

Reclaim your time and energy

Renew, rebuild and restore your energy

Discover an ever present oasis of inner peace

Develop balance with ease in your day, heart and mind

Shift negative mental and emotional states: techniques for sanity

You will learn how to use:

Heartfelt care VS "over care" to maintain vitality

Effective techniques for healthy limits and boundaries

Approaches to maintain your Self in the midst of a sea of demands

Methods to rebuild restore and renew mental, emotional and physical energy

Practices to maintain mental and emotional equilibrium in the face of stress

We will be using the Chakra System as a map of consciousness that guides the process of self-care with techniques that restore vitality, inner peace, health, and well-being.

Aura Imaging Biofeedback

Each participant will have the opportunity to view their aura in real time with **Aura Imaging Biofeedback**. Participants will receive an individualized Chakra Assessment, and workbook

Saturday, June 4th, 2016 9A.M. – 12 P.M.

5 Northern Blvd. Unit 16

Amherst, NH 00301

Cost: \$60 by 5/30; \$75 after 5/30

IPPW Members \$30.00

Register: 603-321-6763 or karenkallie@gmail.com

(3 CEU's for nurses)