

Balancing the chakras



12- 13 September 2020

The chakra system was formulated thousands of years ago and written about in the Yoga Upanishads and Tantric texts. Chakras are vortices of energy which receive, assimilate, transmit and transform energy.

Traumas and abuses can and do cause chakra imbalances and blockages which impede the flow of the life force which, if left unattended, causes physical symptoms. The life force ~ the Chi,

the Ki, the Prana, "The Force" ~ is the mystery that makes us who we are.

I am offering this workshop ~ an accompanying workshop to Psychology and the Chakras ~ to explore what can be done when the chakras are out of balance. When the liberating and manifesting currents of the life force are blocked, we can become stuck in repetitive patterns of behaviour, either focusing excessively on a particular

type of energy of spending a lot of time avoiding it.

On this workshop, we will explore chakra balancing strategies to help you help yourself and/or your clients.

Strategies include:

- physical techniques to facilitate chakra balancing including massage (over clothing), reflexology, sound and breath work and hatha yoga postures
- psychological interventions
- spiritual practices to balance the chakra system

Draw your own chakra map

By the end of the workshop, you will have your own 'chakra map' and a plan of how to work on yourself and your clients using this astounding map which bridges the spiritual and the material.

Who the workshop is aimed at

- If you're interested in personal development, this workshop is for you.
- A 'must' for transpersonal and integrative psychotherapists and psychotherapists-in-training
- Counsellors
- Body workers

When you attend

- Please wear comfortable clothes
- Bring a yoga mat
- Wear socks or knee-highs because (for those who are up for it) ~ we'll be working on each other's feet.

- Please advise me in advance if you have serious health problems or any disabilities.

Training manual

A generous training manual will be provided, together with Certificates of Attendance.

How to book

Please email Lynn to secure your place on this workshop and to request an invoice.

About Lynn Somerfield

I worked in the advertising industry for around 20 years before changing careers. En route to becoming a psychotherapist I qualified with Diplomas in Anatomy & Physiology, Holistic Massage, Advanced Massage, Clinical Aromatherapy and Reflexology. I then studied for 5 years at the Centre for Counselling and Psychotherapy Education (CCPE) graduating in 1998 with a Diploma in Transpersonal Psychotherapy and going on to study and obtain an MA (Distinction) in Transpersonal Psychotherapy in 2000, followed by Diplomas in Supervision and Advanced Psychotherapy and EMDR Parts 1, 2 and 3.

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