



Chakra Workshop

**Discover the energy centers in your body known as the
“Chakras”**

**Join us for this fun, experiential workshop,
as we take you on a transformational journey.**

Chakra 1 – Grounding and Survival

Chakra 2 – Emotions and Sexuality

Chakra 3 – Power and Will

Chakra 4 – Love and Relationships

Chakra 5 – Communication and Creativity

Chakra 6 – Intuition, Imagination, and Archetypes

Chakra 7 – Consciousness and Spirituality

WHEN: Friday, 3/23 (6:00 to 9:00 PM),
Saturday, 3/24 and Sunday, 3/25 (9:00 AM to 4:00 PM)

WHERE: West Chester Wellness Center, 828 Paoli Pike, West Chester, PA

INSTRUCTOR: *Dr. Gail Testa, psychotherapist, yoga teacher, and long-time student of Anodea Judith will be your guide. Anodea Judith is a recognized leader in the field of chakra study and has written several books on the subject, including Wheels of Light and Eastern Body/Western Mind, which is used as a textbook in many university psychology programs. Gail has completed the extensive certification program offered through Anodea’s organization, Sacred Centers, and is recognized as a chakra therapist and workshop instructor. For more information on Gail, please visit her website at www.GailTesta.com. For more information on Anodea Judith or Sacred Centers, visit www.SacredCenters.com.*

COST: \$225 early registration (March 1, 2012)
\$250 after March 1, 2012

(Note: Price includes all workshop materials.)

VISA / MasterCard Accepted

To register, call (518-873-2332) or email (gailtesta@charter.net) Gail Testa .

Space is limited. Please register early!