

To Register or For More Info Call 488-5340

# CHAKRA CLASSES

Instructor — KG Stiles, LMT, CAT, RBT, CBP, NCTMB



**F**IND OUT WHICH OF YOUR 7 MAJOR CHAKRAS DOES WHAT, AND HOW TO TELL IF IT'S OUT OF BALANCE. Then learn effective methods for strengthening your Chakras using sound healing, vocal toning, Bija mantras, guided imagery, color and aroma therapy, Chakra Massage™ and more. Through balancing and aligning your chakras you create more abundance and health for yourself. Additionally, research shows that working as a group with conscious intent acts to shift the global consciousness for planetary healing (Global Consciousness Project). All levels of experience welcome!

Instructor KG Stiles is a licensed and accredited Mind Body Therapist and Health Educator with over 30 years of experience. To learn more visit [www.kgstiles.com](http://www.kgstiles.com).

AGES 16 years and up  
 DAYS Tuesdays  
 DATES **Session 1** Jan 27—Feb 10  
       **Session 2** Feb 24—Mar 10  
       **Session 3** Mar 31—Apr 14  
 TIME 7:00—8:30pm  
 PLACE Ashland Senior Center  
 1699 Homes St, in Hunter Park  
 COST\* \$12.50 per class  
 \$30 for all 3 classes

\*Discount for returning students

### OPTIONAL

- Chakra oils \$30
- KG's Advanced Chakra Guidebook

*The Advanced Chakra Guidebook goes way beyond other sources of information about the chakra system by offering clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways.*

*KG Stiles has done a remarkable job of*

*condensing these complexities into a form that's both informative, and easy to read.*

—Dr. Steven Farmer, author of Animal Spirit Guides and Earth Magic.



Each class is equivalent to 1.5 CEUs or 4.5 CEUs for entire series.

Browse the Ashland Parks & Recreation Guide at [www.ashland.or.us/recguide](http://www.ashland.or.us/recguide)

**Direct Online Registration**  
[ashlandparks.reeware.com](http://ashlandparks.reeware.com)

340 S Pioneer St, Ashland OR 97520 • [ashlandparksandrec.org](http://ashlandparksandrec.org)

