



To Register or for More Info Call 488-5340

CHAKRA CLASSES

Wheels of Light for Healing & Manifesting

Instructor - KG Stiles, LMT, RBT, CBP, NCTMB

Licensed and Accredited MindBody Therapist and Metaphysician with over 30 years of experience working with the chakras.

What are Chakras? What are signs of imbalance? What are the simplest, most powerful ways to cleanse and restore your chakras to radiant health? How to align your chakras and enhance their harmonic resonance. How to use your chakras for manifesting and healing, and more. Participate in group chakra attunements for global consciousness and planetary healing. All levels of experience welcome! To learn more visit: www.kgstiles.com.

AGES 16 years and up

DAYS Thursdays

DATES **Session 1** June 4-25 (4 lessons)

Session 2 July 2-30 (5 lessons)

Session 3 August 6-27 (4 lessons)

Session 4 September 3-24 (4 lessons)

TIME 7:00 - 8:30pm

PLACE Ashland Senior Center

1699 Homes St, in Hunter Park, Ashland

COST \$50 (4 classes - Sessions 1, 3 & 4)

\$60 (5 lessons - Session 2)

\$15/class for drop-in

Each class is equivalent to 1.5 CEUs

Optional:

* *KG's 1-hour Chakra Toning CD,*

* *Chakra Oils Kit*

* *Advanced Chakra E-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 D. Farmer, author *Animal Spirit Guides* and *Earth Magic*.



Browse the Ashland Parks & Recreation Guide at www.ashland.or.us/recguide

Direct Online Registration

<http://ashlandparks.recware.com>

340 S Pioneer St., Ashland OR 97520 * ashlandparksandrec.org

