

To Register or For More Info Call 488-5340

CHAKRA CLASSES

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



EXPERIENCE THE ANCIENT PRACTICE OF CHAKRA CLEARING and balancing with energizing techniques to promote health and wellness for your body, mind and spirit. Activate your healing hands and learn Chakra Massage™ techniques, energy secrets for healing with Pranic Breathing, Guided Imagery, Affirmations and Mantras, Seed Syllables, Color and Aromatherapy, Crystals and Gemstones, and more. All levels of experience welcome!

In each class you will clear and balance all of your 7 Major Chakras, as well as the 8th and 9th Chakras.

Additional focus for specific Chakras:

Oct 20—1st (Muladhara/Root) & 7th (Sahasrara/Crown) Chakra

Oct 27—2nd (Svadhithana/Sexual) & 6th (Ajna/Brow) Chakra

Nov 3—3rd (Manipura/Solar Plexus) & 5th (Visuddha/Throat) Chakra

Nov 17—4th (Anahata/Heart) & 8th (Ma/Universal Heart) Chakra

INSTRUCTOR KG STILES is a licensed and accredited MindBody Therapist, Advanced Energy Medicine Practitioner and Health Educator with over 30 years of experience facilitating healing of trauma, injury and illness. KG is the author of the Chakra Guidebook and audio CD *Healing Your Rainbow Bridge*.

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

AGES	16 years and up
DAYS	Mondays
DATES	Oct 20—Nov 17 (No class Nov 10)
TIME	7:00—8:30pm
PLACE	Ashland Senior Center 1699 Homes St, in Hunter Park
COST	\$12.50 per workshop -or- \$40.00 for all 4 workshops

OPTIONAL:

- Chakra Oils Kit—\$20
- Advanced Chakra Guidebook—\$20



NOTE—For more info and to register, please visit ashlandparks.recware.com or call the Parks office at 541-488-5340.

Each workshop is equivalent to 1.5 CEUs, or 6 CEUs for the entire series.

Direct Online Registration
ashlandparks.recware.com

