

Saturday Chakra Master Classes

Lynn Somerfield is offering a series of 8 Saturday Chakra Master Classes.

The chakra system was formulated thousands of years ago and written about in the Yoga Upanishads and Tantric texts.

Chakras have been described as centres for the *reception, assimilation, transformation and transmission of the life force*. (also known as the Chi, the Ki, the Prana, "The Force") is the mystery that makes us who we are.

Chakras are vortices of energy. Traumas and abuses we suffer can and do cause chakra imbalances, which then cause a block in the flow of the life force.

The first Saturday will cover:

- What the chakras are and an overview of the chakra system
- The location of the chakras
- How to recognise issues connected to the chakra
- Traumas and abuses that can cause imbalance in the chakra
- The 'rights' connected to each chakra
- The identities associated with each chakra



- The names of the self-defeating emotions or 'demons' connected with the chakras that cause us to remain stuck.
- Subsequent workshops will concentrate on one chakra per day, during which we will learn about:
 - Psychological interventions to help balance the chakra including the exploration of the history of the relevant developmental stage, drawing, writing, Gestalt work and more ways to help address unresolved issues with the relevant energy centre (chakra);
 - Physical techniques to facilitate chakra balancing – these can be done with your client or taught to your client; techniques such as gentle massage (clothed), foot massage, sound and breath work and hatha yoga postures;
 - Spiritual practices to suggest to your client to assist in the rebalancing of the system.

"Ailments presented by the client can point us to the relevant chakra that's in need of attention and in this way, do a similar job to dreams, guiding us in the appropriate therapeutic direction."

See overleaf for booking details.

The cost for the 8 days is £680 which is £85 per day and includes handouts of taught material including scripts for visualisations. The 8 days will be spread out, roughly one a month, depending upon room availability and the dates will be advised when sufficient numbers of people have registered an interest in the course.

The workshops will be part lecture, part-experiential, so bring your crayons and a notepad along! Visualisations and drawings will assist in grounding the learned information.

The course has to be attended as a whole in order to ensure sufficient regular numbers although if a day is missed you can attend during the next 'round'.

To register your interest, please email lynn.somerfield@gmail.com to. When sufficient numbers for a group are obtained, I will then inform you about the dates.

To book the series, you will then need to send a 50% deposit of £340 (£90 of which is non-refundable) to :

Lynn Somerfield, 61 Church Street, Lidlington, Bedfordshire, MK43 0RJ. Tel: 01525 840871/07762 738238.

The remaining balance of £340 is required by the first day of the 8-Saturday course.