



Chakra Awareness

With
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Have you heard the word chakra used and wondered what it meant?

Chakras are spinning vortexes in your energy field that help to manage the energy flow in and out of your body. Chakra literally means “wheel” of light in Sanskrit. When your chakras are flowing freely, you are in a positive state of health.

In this course you will learn about front and back chakras in detail, including issues related to each chakra.

You will discover easy to use techniques to cleanse your chakras and therefore, to help your body achieve its optimum of health and wellness.

Sylvia has a gift of sharing information in an easy to digest format that leaves the listener entertained and informed. Sylvia has been collecting wisdom for many years, initially as a Social Worker and Addictions Counsellor and for over a decade in energy work. Sylvia is a Holistic Energy Therapist, is a Registered Social Worker and a Certified Addictions Counsellor.