



## **Chakra/Endocrine System Re-Calibration and Balancing - Wellness Pod**

Rick Bastine CHT, NLP presents an experiential 8-week series on the 7 major chakras: how to optimize their operation and function. This workshop will help participants transform limiting beliefs, remove energetic blocks and return the body, mind, and spirit to homeostasis (balance). Following is a description of what we will be doing in each class.

**Week 1: (7/28)** In the first class we will learn about the Root chakra. As in all of the classes, we will learn the sounds and vibration of the chakra, as well as the color associated with it. The intention of week one is to share methods of getting into our bodies, allowing for the release of stagnant energy and the restoration of balance to the base or root chakra through a group guided meditation.

**Week 2: (8/4)** The second chakra called the Sacral or Spleen chakra will be covered in this class. This is the chakra of creativity and sensual awareness. We will learn methods of connecting to the sacredness of our being. As in each of the classes, chakra balancing and guided group meditation are practiced.

**Week 3: (8/11)** In this class we will explore the third chakra. This is the center of free will, personal power and of self worth. We will share methods of getting connected to this power center.

**Week 4: (8/18)** This class focuses on the fourth chakra, called the Heart chakra. This is the center for love, forgiveness, nourishment and growth. We will connect to our heart space and our capacity for love.

**Week 5: (8/25)** This week we will learn about the fifth chakra, the center for communication and expression. We will share methods of getting connected to our deeper truth and inner voice.

**Week 6: (9/1)** The sixth chakra, the chakra of intuition, guidance, and wisdom is the focus of this session. We will learn how to connect to our intuition and inner wisdom.

**Week 7: (9/8)** In this class, we explore the seventh chakra, the chakra of spirituality, higher power, love, and connection to the divine. We will learn methods for connecting to source energy or God consciousness.

**Week 8: (9/15)** In this final class, we will learn a complete chakra balancing mediation that is intended to create positive change in our lives.

Please bring something to write on and with to each class.

**Thursday evenings  
from 6:30pm – 8:00pm**

**July 28 – Sept 8, 2011**

**Apply for scholarships online**

**10 Scholarships available**

**Call 690-3997 for more details**

**Classes will be held at the new  
Railyard Community Room  
directly behind Site Santa Fe**

★ **Apply online at [santafesoulfoundation.org](http://santafesoulfoundation.org) or drop by 2905 Rodeo Park Drive East Bldg. 3 Santa Fe, NM** ★

**Other Wellness Pods being offered on stress reduction strategies, yoga for PTSD, family wellness, and taking steps to realize your goals**