

Chakra Bliss

Workshops with Meditation, Art & Sound

with Marina Lisjonok, Heather Randazzo, and Yolanda Lozano

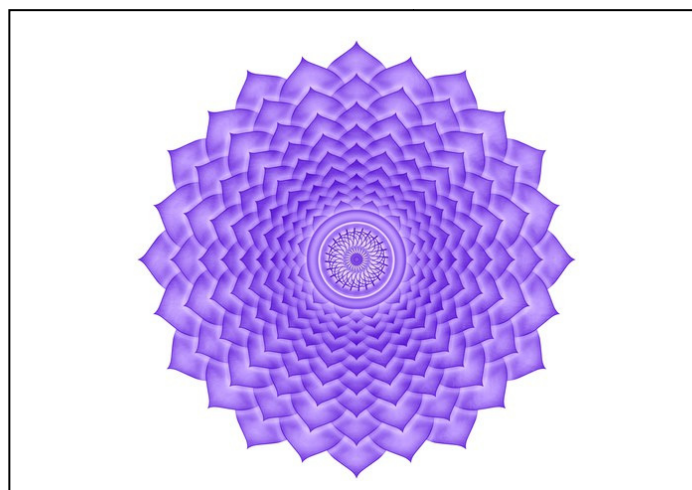


The popular and unique Chakra Bliss series presents seven 3-hour workshops on Friday nights (6:30-9:30pm) once a month to work on each chakra. Each session will include yoga practice (light asana, breath work and meditation pertaining to each chakra) led by Marina. Heather will provide participants with the art supplies and guidance to help you express your feelings and findings artistically while creating your own chakra painting. Yolanda will compliment this work with her crystal and metal bowl sound healing while you are meditating and painting.

Sahasrara is the crown chakra and connection to the Divine.

It is the seventh chakra and connects us to the universe and the Divine source of creation. Sahasrara is located at the crown of the head. The gift of this chakra is experiencing unity and the selfless realization that everything is connected at a fundamental level. There is no intellectual knowing at the level of the 7th chakra, but there is serenity, joy and deep peace about life. When we are connected here, we begin to live with gratitude, faith and trust rather than filled with fear and anxiety.

Register today to tune into your energy, to learn and explore with this Blissful workshop. Enjoy the process and provide yourself the time & opportunity to grow. Be embraced with sound and create an image to connect with this feeling again and again.



2 S Park Ave #3, Lombard, IL 60148
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Friday, April 14 6:30pm – 9:30pm (\$65)

Registration is strongly suggested due to limited space and provided supplies