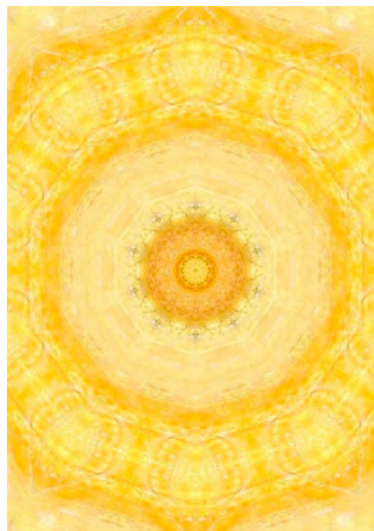


# *Introduction to Chakra Psychology*



Probably everyone who is aware of complementary therapies will know something about Chakras, or at least have heard the word. What you may not know is just how important Chakras are as a way of understanding human growth and development.

Chakras are like huge databases and when you connect with them you receive insights and help way beyond what your conscious mind can give you.

On this one day workshop using meditation, creativity and traditional and contemporary theories we will explore how the Chakras give us a way into understanding psychological and spiritual stages of development.

This workshop is suitable for anyone interested in finding out more about the Chakras.

**Sunday 25 September 2011  
10am – 4.30pm**

**Storth, Milnthorpe,  
near Kendal, Cumbria**

**fee £60 – a deposit of £25 is required to  
secure your place**

you will receive a certificate of attendance

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**contact Delcia for details of  
other Chakra Psychology events  
[www.chakrappsychology.co.uk](http://www.chakrappsychology.co.uk)**