

HANDS OF LIGHT



presents

Chakra Breathing Meditation

The human body was designed to heal itself. Stress and/or injury can block your energy pathway thus resulting in shallow breathing, which can intensify stress and pain due to lack of oxygen received by the organs. Breathing into your Chakras allows your body to dissolve the blockages and increase the supply of Oxygen and Prana (chi) to every cell of the body. The abundance of Oxygen and Prana enables the body to reestablish its healing power.

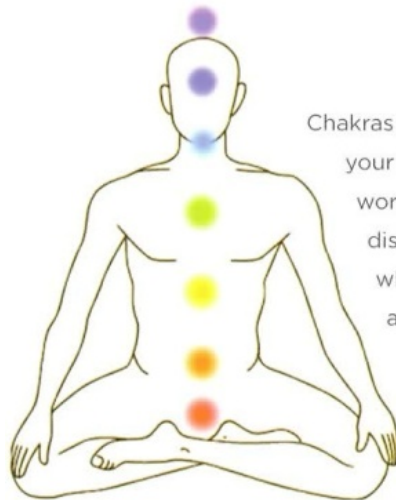
Come experience your inner strength in this basic course on "*Chakra Breathing Meditation*". You are not required to have any knowledge of the Chakras or any kind of meditation, this course will introduce you to the process in an easy step-by-step method.

When: This 5-week course will be held on Thursdays from September 13th to October 11th, from 7:00 - 8:00pm.

Where: Dallas Meditation Center - 727 South Floyd Road, Richardson, TX 75080

Suggested Love Offering: Between \$50 - \$75

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Chakras are energy centers that run from the base of your spine out the top, or crown, of your head. The word chakra is a Sanskrit word meaning wheel or disc. There are seven major chakras, each a circular wheel of light spinning in your energy system, associated with certain body parts, a color, stone, element, and function. By learning to tune into the energy of your chakras, you can begin to embrace the fullness of who you truly are.



