



EXPLORING THE CHAKRA ENERGY CENTERS!"

The energy centers within and around your body govern the quality of your cells, organs, systems, glands, hormones, thoughts, emotions, moods, digestion, stress, relationships, prosperity, vitality and more.

Unconscious thoughts, fears, beliefs, memories and behaviors have become programmed and stored in each of your energy centers.

Become the Master of your Life and transform unwanted physical, mental and emotional ways by managing the health and energy of each center.

- In this weekly class, Holistic Health Practitioner and Health Educator, Lynn Pridmore, will provide detailed information and practical exercises, to enhance the functioning of each energy center.
- Neuroplasticity, movement, breathwork and meditation are a few of the tools we will use to transmute and move stored energy patterns.
- Working “from the inside out” will provide the space for NEW patterns to be established, to help you live more healthfully, powerfully, creatively and fully.

“EXPLORING THE CHAKRA ENERGY CENTERS”

Monday Evenings October 2nd – November 20th

7:00-8:30 via Zoom – Join us weekly or as your schedule allows!

\$25 Venmo to “Lynn-Pridmore” last digits “7771”

Zoom link provided upon payment

Contact Lynn Pridmore at Lynn@SpiritHealingAndWellness.com or 201-572-7771 for additional information.

www.SpiritHealingAndWellness.com