

INTRODUCTION TO THE CHAKRA SYSTEM

Presented by: Julie A. Doherty, M.A.

Have you heard of chakras, but don't know exactly what they are? This class will explore in-depth these energy centers of the body and their influence on your overall well-being.

- Learn what chakras and the subtle energy system are.
- Explore the chakras' links to physical, mental, emotional and spiritual health.
- Learn the implications of healthy vs. unhealthy chakras.
- Experience a remarkable guided meditation to open and cleanse the chakras for optimum health.

PRESENTED AT: Antalee Wellness Spa

1834-36 Glenview Rd.

Glenview, IL 60025

Class is a one-time, one-hour event.

Investment: \$25

Call Antalee Wellness Spa for dates & times and register today!

847-486-1130



Julie A. Doherty, M.A., is an Associate Licensed Marriage & Family Therapist. She received certification as an Advanced Clinical Heart-Centered® Hypnotherapist and Release Therapist from the Wellness Institute, Seattle. Since 1993, she has been actively involved in the study of consciousness, self-awareness and spiritual growth, receiving a three-year certificate and two-year advanced certificate from Crossroads Institute, a training program devoted to the development of leaders as a healing presence in community and intensive study of energy and consciousness and their application to the healing process.