The Chakra experience; Awakening the Chakras through yoga and visualisations and much more.

Walk with me through the colourful spectrum of your life, increase your awareness of who you are and learn simple and effective ancient ways and yoga to bring your Chakras and life into balance.

We all strive for health and harmony within our daily lives. Yet life and its lessons, can affect us, in a limiting way, decreasing our overall feeling of well being, or, we can become more skilful and talented in maintaining and growing into harmony and balance.

Getting an understanding of your Chakra-system will help you to understand who you are, why you are feeling a certain way and why you are dealing with life's circumstances the way that you do.

Growing in awareness makes you aware of the areas in life where you are functioning well and those areas in life where you need some extra attention.

Located along the spine, the ancient Indian system identifies 7 main Chakras from the tailbone to the top of the skull. Each of these Chakras has got a specific function or area in life in which it is effective on mental, emotional and physical. Chakras are life forces or vortexes or wheels of energy that receive, absorb and distribute life energy within our life. When Chakras are balanced, this will be reflected in a healthy body, emotions and thoughts in the area corresponding with this Chakra and you don't have to expect any difficulties in this area of your life….however, where this flow of life force energy becomes blocked by long-held tensions and low self esteem you are likely to experience some difficulties in your life in the corresponding area.

As you learn to work with Yoga and various techniques to nourish the Chakras you will gain many tools for self-healing and re-balancing. Getting to know your Chakras is like getting to know yourself on a deeper level. Increasing your awareness of the self will make you see more clearly what is going on within your energy system. As you get to know which Chakra is related to which area in your life you will be able to do Chakra work with the related Chakra within the field you are blocked.

As any block will keep our awareness contracted until the block has been solved….increased balance allows us to take another step on the ladder of consciousness.

Bringing your Chakras back into harmony equals an undisrupted flow of life force through your life and increased health of body, mind, and emotions which will lead you to an overall feeling of joy, purpose and inner peace.

HEAL YOUR CHAKRAS THROUGH DEEPENED AWARENESS, COLOUR VIBRATION, YOGA ASANAS AND BODY AWARENESS, CREATIVE VISUALISATION, PRANAYAMA OR BREATHING TECHNIQUES MUDRA'S AND MANTRAS, AFFIRMATIONS AND MEDITATIONS.

Your teacher: Nathalie Feenstra; Experienced yoga teacher qualified as Transformational Yoga Teacher in Amsterdam, 2008 and as Yoga Therapist in Nashik, India 2013.

“Studying and practicing yoga science has made my journey through life a joyful blessing. Staying balanced has become a skill, available to everyone.”

Guest Tutors:

Patricia Mercier (Alloa), experienced yoga-teacher-holistic therapist and well-known and respected author of bestselling ‘The Chakra Bible’; ‘The Chakra Experience’ and many other books will teach us how to use a pendulum to discover personal chakra harmony and an introduction to the use of colors and crystals to balance the Chakras.

Lesly Parry: Of all the people I have met on my journey in life, trying to deepen my personal understanding of Self and clearing the way to health and harmony, Lesly is one of the persons that has deeply impressed me with her intuitive and clear knowledge of life and how the different layers of our being are infused with and affecting each other. How mind affects body, and emotions; emotions affect body and mind etcetera. In a short period of quality time with Lesly you not only get to know and see more clearly where you are blocking energy and almost instantly learn how to overcome this block. I have asked her to conduct this workshop to pass a little bit of this knowledge on to you.