Seven Windows to the Soul: A Chakra Weekend Workshop

May 14-16, 2010
Friday 6pm – Sunday 1pm
Hope Springs Retreat Center, Peebles, OH
All-inclusive (room, board, supplies) Sliding Scale Fee – see registration below

The Chakra System is an ancient, powerful framework for mind-body-spirit integration. Using an experiential approach first developed by Anodea Judith, this workshop introduces the seven major chakras or energy centers in the body that correlate with human experience. We’ll explore the dynamics of the system as a whole, the functioning of each chakra, and the interplay between mind, body and spirit. Participants will gain insight into the application of the whole system, how to work with the energy of each chakra, and how the unconscious expresses itself through the body.

This workshop fulfills the introductory training requirement for Anodea Judith’s Sacred Centers Chakra Certification Program. (For more information: www.sacredcenters.com.)

During this experiential training you will acquire:

- Knowledge of the chakra system
- Familiarity with the physical, psychological and spiritual components of the seven major chakras
- Awareness of how energy is experienced through each chakra
- Understanding of the origins of flow, blockage, balance and imbalance at each chakra
- Experiential ways of working with each chakra to promote wholeness and the realization of your and/or your clients’ full potential

Who Should Come

Open to all levels of experience, this training is an opportunity to learn about and apply the energy of the chakras in your life and/or work. Professionals such as life/health coaches, organizational consultants, body workers, yoga teachers and trainees, psychotherapists and counselors, nurses, and other health care professionals will gain valuable skills to bring to their work with clients. Wear comfortable clothing.

Workshop Leader: Patricia Day Williams, M.D.

A graduate of Harvard Medical School, Patricia is a former physician and midwife who now works fulltime in the field of human development. With her unique background in Eastern and Western psychology, group dynamics, yoga and medicine, Patricia helps participants apply the chakra learnings to their personal and professional lives in both practical and transformative ways. For more information: www.patriciadaywilliams.com.
Schedule

Friday, May 14  (dinner at 6pm, session begins at 7pm)

Overview of the chakra system, history, dynamics, and what the system offers to our understanding of physical, psychological and spiritual well-being. Experiential introduction to all seven chakras. Q & A.

Saturday, May 15

The Lower Chakras: Focusing on chakras one through four, this session explores the importance of being grounded, sexuality and emotion, personal power, and our capacity for love. The lower chakras express our fundamental connection to our bodies and our ability to manifest positive change. When healed and balanced, they provide the foundation for the development of the upper chakras.

Sunday, May 16 (session ends at 1pm, followed by lunch or lunch-to-go)

The Upper Chakras: The journey through chakras five through seven opens us to the experience of our authentic selves and our unique wholeness. This session focuses on letting go of old patterns, opening up communication and creativity, accessing our inner knowing, and exploring our connection to the universe. Experience the integration of all seven chakras as the easy flow of vital energy both within and without.

About Hope Springs: Nestled in the Appalachian foothills, Hope Springs is a place of great natural beauty, beautiful rooms, delicious food, hot tub, labyrinth, 130 acres of walking trails, indoor and outdoor meditation space, and dedicated staff.

Driving distances: Cincinnati 1½ hrs., Columbus 2 hrs., Chicago 6½ hrs., Washington, DC 7½ hrs.
Nearest airports: Columbus and Cincinnati. Info on ground transportation available on Hope Springs website.

Registration for Seven Windows to the Soul

To hold your place, send registration and deposit to:
Hope Springs Institute, 4988 Mineral Springs Rd., Peebles, OH 45660

Or register by phone (937) 587-2602, or at www.hopespringsinstitute.org

Name____________________________________________________________________________
Address_____________________________Zip code_____________
Phone_____________________
Email_________________________________________________

Sliding scale based on Total Household Gross Income (circle one):
  Under $30,000…$315
  $30-60,000……..$340
  $60-90,000……..$365
  over $90,000…...$395

Nonrefundable deposit:  $75    Payment method (check one): ___check enclosed   ___credit card
Credit Card info (Visa, MC, other___________________)
CC# ___________________________________________________ Expiration: ____________
3-digit security code from back of card:________