

Discovering the Gifts of the Chakras

Facilitated by Therese Yonikus

Mondays, 7:00-9:00pm (specific dates below)

Chakras are centers of life force or vital energy in the human body. Each of the chakras correspond to points in the physical body such as major arteries, veins and nerves, as well as vital organs.

The energy that flows through our chakras effects not only the physical body but also our emotional and spiritual lives. Historically there have been seven chakras, corresponding to seven area's of the body and in the work of Carolyn Myss, the seven sacraments. New insights indicate that there are twelve Chakra energy centers. Over the course of the six sessions, our facilitator, Therese Yonikus will share information on all twelve Chakra centers and insight into ways to help balance each area and ways to incorporate this knowledge into our lives.

October 1 - Overview, Earth Star and Base Chakras

November 5 - Sacral and Navel Chakras

December 3 - Solar Plexas and Heart Chakras

February 4 - Throat and Third Eye Chakras

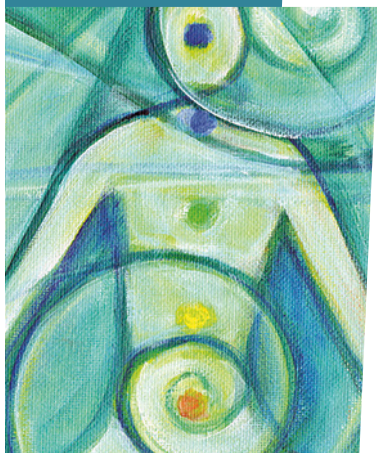
March 4 - Crown and Causal Chakras

April 1 - Soul Star and Gateway Chakras

Each session will include a presentation and discussion, as well as, time for meditation and reflection.

\$25 • per session.

Online Registration required no later than noon, day of session.



Register online at www.taucenter.org

Tau Center, 26W171 Roosevelt Road, Wheaton, IL 60187