

# MEDITATION AND CHAKRA BALANCING WORKSHOP

BLISSFUL MONKEY YOGA STUDIO

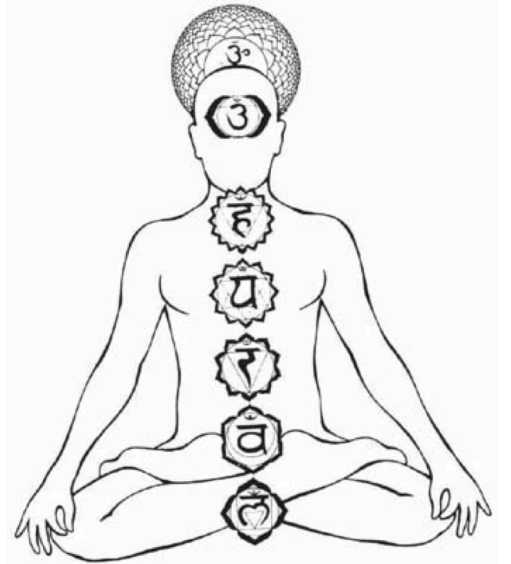
SUNDAY NOVEMBER 20<sup>TH</sup>

7PM TO 8:30PM

\$20

"True meditation is a natural state of awareness, not a method". In preparation for working with the Chakras, we will explore some simple meditation practices as we develop our capacity to sustain our attention without distraction.

From this place of deep stillness, we can then work to balance the Chakras or "wheels of light". The Chakras are energetic and functional centers that work in different ways, containing information about how we use our Life Force or Prana. The goal of this practice is to teach you how to balance these energy centers, developing your own inner awareness of these latent potentials, creating a sense of rest, healing and balance from within.



Nicole Gooft is a 200-Hour certified Hatha Yoga teacher, Thai Yoga Bodyworker, Ayurvedic Lifestyle Counselor and Reiki practitioner. Nicole's complementary practice is based on the foundation of compassion and viewing the body as a holistic and dynamic system. Whether teaching a Yoga class or working one-on-one with a client or student, Nicole's focus is to assist in the process of creating healing from within. In addition to her current practice, Nicole is completing a 500 Hour Yoga certification in Yoga of Energy Flow.

Pre-registration is required for this workshop. Email: [nicole@nicolegooft.com](mailto:nicole@nicolegooft.com) or Tel: 781-801-4966 for pre-registration details. No prior yoga or meditation experience necessary.