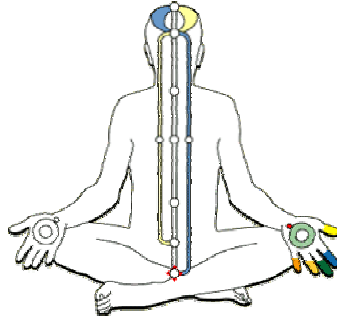


## CHAKRA BALANCING



Your chakras are energy centres that draw life force in from the universal energy field and distribute it throughout your body and your aura. There are seven major chakras.

They hold the key to spiritual awakening, psychological well-being and physical health. Each chakra relates to specific parts of the body, and specific emotional, mental and spiritual themes.

Conscious chakra work liberates energy in the body, changing the way energy is held. When the energy flow is out of harmony, the physical body and the emotional, spiritual and mental well-being is affected.

If your chakras are balanced your physical, mental, emotional and spiritual bodies work in harmony.

I determine the state of your chakras with the help of a pendulum, and then work to get blocked energy flowing again through energy healing.

You will get a comprehensive programme (Yoga, Meditation, Vibrational Work and Rituals) to do as a follow-up for the chakras that are weak or blocked.

Chakra work is a powerful tool to bring healing, clarity and focus to every aspect of your life, enabling you to express fully who you are.

Jutta Dobler has been working as a Healing Practitioner since 1995. She is a Reiki Master, trained (amongst others) in Shen Therapy and Journey Work and also works as a Yoga Teacher.

