



# Chakra Weekend Workshop

## Seven Windows to the Soul

Saturday, March 5, 9:00 am – 5:00 pm, and  
Sunday, March 6, 9:00 am – 3:30 pm

Tuition \$150

Crossings: A Center for the Healing Traditions, Silver Spring, MD

### The Workshop

This workshop provides a comprehensive introduction to the Chakra System, a powerful framework for mind-body-spirit integration. Through a variety of activities, explore the seven major energy centers in the body that correlate with human experience. Learn about the interplay between mind, body and spirit, how to work with each chakra, and how the body is the voice of the unconscious.

The workshop fulfills the initial requirement for Anodea Judith's (*Eastern Body, Western Mind*) Chakra Certification Program and offers 12.5 CEUs for yoga teachers.

### Who Should Come

All are welcome—no specific knowledge or experience is necessary. The workshop may be particularly helpful to life coaches, organizational consultants, body workers, yoga teachers and trainees, psychotherapists, counselors, and health care professionals.

### Workshop Presenter: Patricia Day Williams, M.D.

Patricia is a former physician and midwife with a unique background in Eastern and Western psychology, group dynamics, yoga and medicine. She is known for her ability to help people apply the chakra learnings to their personal and professional lives in practical and transformative ways.

### Further Information and Registration

Contact Patricia at 703-535-3333 or [pdw@patriciadaywilliams.com](mailto:pdw@patriciadaywilliams.com).

*“very enlightening”*

*“absolutely wonderful”*

*“the clarity I was looking for”*