



Chakra Weekend Workshop

Seven Windows to the Soul

Saturday, September 24, 9:00 am - 5:00 pm, and
Sunday, September 25, 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 experiential activities, become familiar with seven major energy centers in the body that correlate with human experience. Learn about the interplay of mind, body and spirit, the body as the voice of the unconscious, and how to work with each chakra to lead a full and balanced life.

The workshop fulfills the initial requirement for the Chakra Certification Program run by Anodea Judith (author of *Eastern Body, Western Mind*) and 12½ 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 Harvard-trained physician and midwife who now coaches, consults and teaches a graduate course in psychology at American University. With her unique background in Eastern and Western psychology, group dynamics, yoga and medicine, she is known for her ability to help people apply the chakra system to their personal and professional lives in both practical and transformative ways.

Further Information and Registration

For information, contact Patricia at 703-535-3333 or pdw@patriciadaywilliams.com. To register, send name, phone, email, and a check for \$150 to Patricia Williams, 15 W. Caton Ave., Alexandria, VA 22301.

“very enlightening”

“an awesome workshop”

“the clarity I was looking for”