



## 7 Chakras Personal Growth Program



The 7 Chakras program is a 7-week deep-dive into each of the chakras, beginning at the crown and ending at the base. Through the 7 weeks, you will dive into your own chakra system and learn, feel, and understand how each chakra affects your mental, emotional, physical, and spiritual wellness. Participants will receive the following, all included in the cost of the program:

- 7, 60-minute Reiki sessions (once per week) with emphasis on the chakra of the week
- 7, 30-minute phone coaching sessions (once per week in between sessions)
- Electronic content outlining simple meditation and mindfulness practices you can use at home to connect with each chakra and learn how it works in your unique body, mind, soul, and life
- Set of 7 chakra colored candles for use in meditation
- Set of 7 chakra crystals, infused with Reiki, to help attune and activate each chakra

The 7 Chakras Positive Transformation Program is a process of self-discovery. By the end, you will know and understand aspects of yourself that perhaps you didn't know about before. You will have begun the process of opening your spiritual sensitivities, and learning how Universal consciousness speaks to you the most vividly. You will have opened and attuned all your chakras, and allowed your body to let go of old and outdated emotions, thoughts, and memories. This makes way for a much higher level of awareness, which leads to more joy, peace, and tremendous opportunities to manifest in your life. You will also have a structure for creating sacred practice in your life, as well as tips and simple tools you can use anytime, anywhere, even on your busiest days, to stay grounded, confident, and joyful through life's challenges.

**The investment for the 7 Chakras Program is \$1,250 and covers 10.5 Hours of Therapy**

**Save \$100 by paying up front for the entire 7 weeks -- \$1,150**