



CHANTING THE CHAKRAS – PROGRAM

FRIDAY 24 MARCH 2016

WELCOME!

Please do not arrive earlier than 2pm.

2pm	Arrive and settle in
3pm	Get to know you afternoon tea
4pm	Introduction to weekend Receive materials for weekend
5pm	Free time
6.30 pm	Dinner
7.30pm	Opening ceremony

SATURDAY 25 MARCH 2016

8am	Breakfast
9am	Morning Sacred Practice
10am	Morning Tea
10.30am	Teachings: Herstory of the Chakras What are the Chakras The Shamanic Dimensions of the Chakras
12.30pm	Lunch
1.30pm	Free Time
2pm	Teachings The Power of Chanting How Chanting Differs from Singing Learning the Chakra Chants
3.30pm	Afternoon Tea
4pm	Teachings The 3 Lower Chakras Goddess Archetypes
5.30pm	Free time
6.30pm	Dinner
7.30pm	Women's Culture – Sharing

SUNDAY 26 MARCH 2016

8am	Breakfast
9am	Morning Sacred Practice
10am	Morning Tea
10.30am	Teachings The Heart Chakra The 3 Upper Chakras Chanting Up the Chakras
12.30pm	Lunch
1.30pm	Free Time – Packing
2pm	Teachings Shamanic Practices to Energise the Chakras
3.30pm	Afternoon Tea
4pm	Revision
5pm	Closing Ceremony
5.30pm	Leave Venue

