

# Chakra Balancing

## Chakra Balancing

£20 per 30 minute session

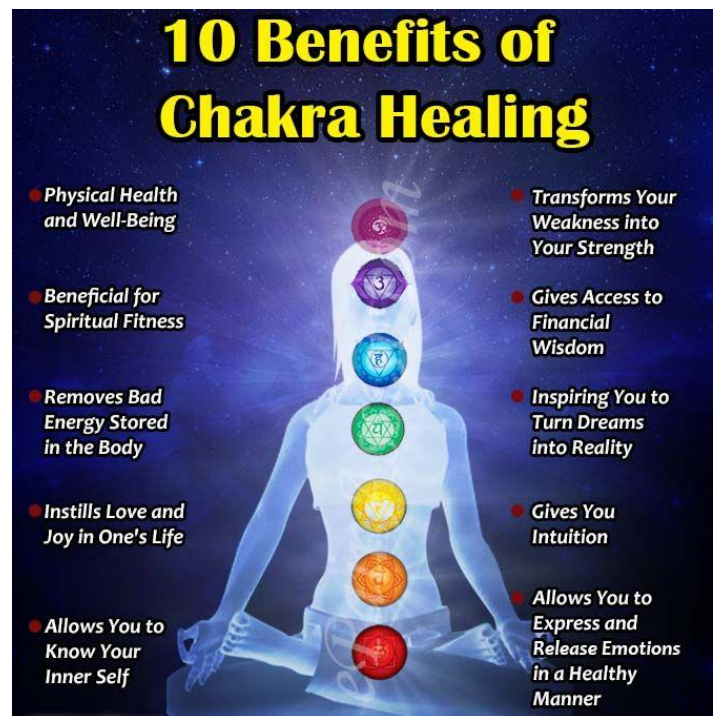
£30 per one hour session

How often have you felt “out of sorts” or not quite feel right?

Its amazing how much influence your chakras have on your emotional and physical wellbeing.

The coordinating chakra colours have an impact on how we feel

Through Chakra balancing, we can establish where you are “out of sorts” and carefully help put them right.



## PARTIAL HANDS ON SERVICE DELIVERED AT THE LILACS CABIN

In the safe comfortable and relaxing environment of the spiritual cabin, enjoy Chakra Balancing

With gentle relaxing music and aromas of essential oils perfuming your Chakra balancing session, you are invited to lose all sense of time and escape the outside world.

The session begins with hands placed gently beneath and holding your head for a short while as Tracey carries out a body scan. This is the only part of the service that is hands on.

As you close your eyes and relax, using channeled universal energies Tracey will work with your chakras to balance them, reducing the chaos unbalanced chakras cause. Focusing on the specific chakra locations across your body, with focused healing on and balancing on the chakras identified or requested.

Service available to any persons over the age of 18.

At the end of the balancing session we allow a short time for feedback within the time quoted

We do offer group sessions and home visits