

Chakra Alchemy: Loving the Mother in You on Mothering Sunday

Sunday 14th March 10.30-16.30

A one-day intensive with Vena Ramphal and Joanne Sumner
The Neals Yard Meeting Rooms, 14 Neals Yard, Covent Garden WC2H 9DP

- *Would you like to show yourself and/or your mother just how loved, cherished, appreciated and resourceful you (both) really are?*
- *Do you keep saying 'yes' to other people's requests when you want to say 'no'?*
- *Would you like to know how to show yourself the unconditional love you craved as a child?*
- *Would you like to set your own boundaries without feeling guilty?*

If any of these questions resonate with you join Joanne and Vena for a deep dive into your body's chakra system to replenish and nurture yourself and to learn how to set appropriate boundaries and balance the flow of giving and receiving in your life.

The chakra system is one of your body's primary feedback mechanisms, storing memory, thought and emotional patterns. Mothering or Nurturing is a core capability of all human beings, and also a core need – both to give and to receive. Yet our ability to give and receive nurturing can remain out of balance if we misunderstand its significance.

What we'll cover

- Creating a common knowledge base regarding chakras and a map for your own chakra system
- Exploring your relationship with 'Mother' literally and symbolically
- Learning how to use the powerful feedback of your body to balance your capability to give and receive nurturing
- Using the chakras as a way to build self nurturing into your daily life and to create a basis for healthy relationships with others

Who should attend

- You are a mother or father, or you want to learn how to better nurture yourself and others
- You have some experience of chakras, energy work or ongoing personal development
- You'd like to enjoy a day dedicated to caring for you

Participants in previous workshops with Vena and Joanne have said:

"The journey through the chakras was like opening a box of exquisite jewels. I feel like I have had my eyes opened to a new way of both seeing and being. The course opened up a safe place to experience in the body the power and relevance of this ancient wisdom as well as practical tools to apply to daily life. I felt a physical shift in my own energy and left the day feeling fully alive".
Natalie Turner

“What care and attention these two lovely women have put into this workshop. Jo and Vena created between them a safe and gentle space for creative exploration.” *Elizabeth Cairns, Amovita Ltd.*

“It was the first time I’d had a really graphic experience of the chakras...I have a really clear picture of each one now, they’re beautiful!” *Isabel Saunders, Music for the Young*

“I thoroughly enjoyed the workshop... It was a refreshing change to other courses I have been on in that it incorporated more creativity and movement into the spiritual work. ... Highly recommended!” *Jacqui Lepoittevin*

Price and booking

£60 per person. To book please call or email at one of the following to arrange a BACS transfer:

Vena 07852 329 826 vena@venaramphal.com

Joanne 07786 273 826 jo@joannesumner.com

or send a cheque payable to “Joanne Sumner” at 14b St Margarets Road, Hanwell W7 2PP.

What you need to bring

- A journal if you keep one, or paper and pen
- Comfortable clothes, with layers
- Water

we look forward to welcoming you.

vena and Joanne