

Exploring Energy: 7 Chakras and 5 Elements

In this class, you will examine the chakra system and the Ayurvedic five elements. You will practice sensing, evaluating and balancing subtle energies in the body while refining your ability to negotiate energetic boundaries.

You will learn how to use bodywork, communication, energetic nutrition and energetic exercise as tools for balancing the chakras and the five elements.

This class is specifically useful for bodyworkers and healers who want to:

- develop an experiential awareness of subtle energy
- begin utilizing the chakras in both assessment and treatment
- become familiar with basic anatomy and physiology of the chakra system
- understand the Ayurvedic five elements & their application to therapy
- develop skill at identifying and negotiating energetic boundaries
- offer a new and powerful bodywork session to clients or patients
- learn energetic approaches to treating joint pain and dysfunction

Very positive learning experience. A definitive enhancement to my work, on all levels.
Sunday Homitz, PT

I enjoyed Randall's teaching methods. Easy to understand and apply.
Mary Walton

Date: Sunday May 12, 2012

Hours: Sat. 9-5

Instructor: Randall Gibson, M.Ed., LMT, RPP

Fee: \$125 before 4/12/12
(\$150 after 4/12/12)

Location: National Institute of Massotherapy
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