



Align & Balance Retreat - Chakras

Fri-Sun, 10/16-10/18, 10am-6pm



Day 4-6 of 21 of the Highest Self Development / 200 Hour Teacher Training

Pre-requisites: None Location: Acorns Resort, Milford, KS

The Chakra system connects experience & emotion to the body.
A one degree shift means you arrive in a completely different location in life.

The Chakra System is about 3000 years old (& in ways similar to Western human development theories).

We will lay out life-size "Jim" & "Ruby" & explore their lives with the Chakra system as a compass. Then we apply what we learn to workshops, yoga practice, breathing techniques & meditation to discover potential for shifts.

(Physiology- 8 hours; Humanities - 4 hours)



Practice yoga poses, meditation and breathing techniques specific to each Chakra.

(Practice Techniques - 7 hours)

Resonate your true colors with others.

(Teaching Methodology - 1 hour)

4 meals (vegan, GF & organic meals, teas & cacao) & activities (new moon sunset paddle & 3-mi hike included).

Overnight lodging is optional.

(Electives - 2 hours)

Full enrollment - 21 days including 2 overnight retreats with lodging and meals = \$1800 (<\$90 each)
OR \$250 - \$400 for this enrollment only (depends on lodging choice)