

NEW in 2026: Three Eight-Week Chakra Workshops... with Olivia Israel



Cultivating Graces of the Soul

A Sacred Journey through the Seven Major Chakra Centers of the Body



Workshop 1: Honoring the Body Elite

An in-depth exploration of the three Foundational Chakras of the Body and the *Soul Graces* that elevate their Energetic Expression.

Soul Graces

Root Chakra: *Acceptance & Grit*

Sacral Chakra: *Curiosity & Creativity*

Solar Plexus: *Courage & Discipline*

Start Date: Saturdays - January 24th - March 14th - 3:00 PM - 4:30 PM

Thursdays - January 29th March 12th - 1:00 - 2:00 PM



Workshop 2: Opening the Heart and Giving Voice to Truth

Soul Graces:

Heart Chakra: *JOY & Compassion*

Throat Chakra: *Patience & Empathy*

Start Date: Saturdays - April 18th - June 6th - 3:00 PM - 4:30 PM

Thursdays - January 29th March 12th - 1:00 - 2:00 PM



Workshop 3: Honing our Intuition & Awakening to All That IS

Soul Graces:

Third Eye Chakra: *Visioning & Discernment*

Crown Chakra: *Humility, Service & GRACE*

Start Date: Saturdays: July 11th - August 29th 3:00 PM - 4:30 PM

Thursdays - January 29th March 12th - 1:00 - 2:00 PM

Elements Supporting Each Workshop

**Conscious Chakra Movements: Targeted Breath Work: Guided Meditations
Reflective Writing & Art Journaling, Soul Coaching Conversations and some SERIOUS FUN!**

**Price for each Saturday Eight-Week Workshop: \$120.00
Includes a 1 Hour Chair Yoga Chakra Class on Thursday's**

FREE INTRODUCTORY CLASS ON SATURDAY 01/24/26 @ 3:00 PM