

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