



**New for 2026 - Three Eight-Week Chakra Workshops... with Olivia Israel**

## *Cultivating Graces of the Soul*

**A Three-Part Journey through the Seven Major Chakra Centers of the Body**

### **WORKSHOP 1: HONORING THE BODY ELITE**

*An in-depth exploration of the first Three Foundational Chakra's of the Body  
And the Soul Graces that Elevate their Energetic Expression.*

#### **What do we mean by Soul Graces?**

Soul Graces are attributes that allow us to live a more elevated, and consciously engaged life. Graces that bring clarity, ease, and flow in our lives during a time of accelerated change!

For each individual soul graces will be quite different. Thus this workshop is designed to help facilitate each participant in uncovering and embracing the graces that would elevate their life for full engagement, and potency of expression!

#### **Examples of Soul Graces...**

**Root Chakra:** Acceptance & Grit - **Sacral Chakra:** Curiosity & Creativity - **Solar Plexus:** Courage & Discipline

The elements of this Eight-Week workshop will consist of a Thursday "Chair Yoga Chakra Class" (1 Hour) and a 90 minute Saturday group coaching class featuring "Targeted Breath Work; Guided Meditation; Reflective Writing & Art Journaling, Soul Coaching Conversations and some **SERIOUS FUN!!!** (All Materials Provided)

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

**Thursday's January 29th - March 12th - 1:00 - 2:00 PM**

**Price for Eight-Week Workshop: \$120.00 - Seniors: \$96:00**

**Includes 1 Hour Chair Yoga Chakra Class on Thursday's**

