



WISDOM *Unleashed*

WITH CHARLEEN MICHEL

Chakradance™: Moving Meditations, Dance & Art Creation **Experience a Journey of Spiritual Growth and Healing**

Are you seeking to ease stress and anxiety, reconnect with your authentic self, or awaken the qualities of your Divine Feminine energy?

I invite you to experience **Chakradance™**—a deeply transformative practice that blends moving meditations, spontaneous dance, and mandala art creation to support healing, self-discovery, and spiritual growth.

Chakradance™ is a unique journey through the seven major chakras, guided by specially composed music that resonates with each energy center. Through free-flowing movement, guided visualizations, meditation, breathwork, and creative expression with mandalas, you'll awaken your intuition, expand your creativity, and nurture emotional well-being. This practice reminds you of your true essence and connects you to the powerful energy of your inner Divine Goddess.

In a safe and sacred space, Chakradance™ invites you to release what no longer serves you, calm the mind, and find deep relaxation. Each session is designed to help you explore your inner landscape without judgment—embracing, integrating, and honoring every part of yourself.

More than just a dance, Chakradance™ is a moving meditation and a pathway of transformation. It is a sacred journey of self-discovery—an opportunity to reconnect with your body, mind, and soul, and to step into your highest expression of who you are.

I look forward to sharing this beautiful journey with you. Let's dance together into wholeness, freedom, and light.

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