



# WISDOM *Unleashed*

WITH CHARLEEN MICHEL

## **Chakradance™: Moving Meditations, Dance & Art Creation**

Experience Chakradance: A Journey of Spiritual Growth and Healing

*Are you seeking to reduce stress and anxiety, reconnect with your true self, or awaken the qualities of your innate Divine Feminine energy?*

I invite you to experience Chakradance, a deeply transformative, holistic practice that weaves together moving meditations, spontaneous dance, and mandala art creation to foster spiritual growth and healing.

Chakradance is a unique practice that combines specially selected musical vibrations resonating with the seven major chakras, spontaneous movement, guided meditation, visualization, and creative expression through mandala art. This dynamic blend nurtures your creativity, intuition, and emotional well-being, reminding you of your true essence and tapping into the powerful qualities of your innate Divine Goddess energy.

Chakradance employs a dynamic combination of sound, visualizations, meditations, breathwork, mindful movement, and artistic expression to calm the mind, release what no longer serves you, and promote relaxation in a safe and sacred space. It's a journey that helps you remember who you are at your core and accelerates your path to self-realization.

During the practice, you'll have the opportunity to express yourself freely, engage with your inner world, and experience a profound connection to your body, mind, and soul. Each session is designed to create a sacred space where you can explore your inner landscape without judgment, embracing every aspect of your being.

Chakradance is more than just a dance; it's a journey of self-discovery and transformation. Explore this unique pathway to connect with your true self, release what no longer serves you, and discover the healing power of movement, meditation, and art.

I look forward to sharing this beautiful journey with you—let's dance into our highest selves together!

Namasté

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