



Course details

Course title

Ways to Wellbeing: Chakras

Course code

Q00017006

Course date

Start: 24/02/25

End: 02/06/25

Number of classes

12 sessions

Timetable

Mon 24th Feb, 14:00 to 16:00

Mon 3rd Mar, 14:00 to 16:00

Mon 10th Mar, 14:00 to 16:00

Mon 17th Mar, 14:00 to 16:00

Mon 24th Mar, 14:00 to 16:00

Mon 31st Mar, 14:00 to 16:00

Mon 7th Apr, 14:00 to 16:00

Mon 14th Apr, 14:00 to 16:00

Mon 28th Apr, 14:00 to 16:00

Mon 12th May, 14:00 to 16:00

Mon 19th May, 14:00 to 16:00

Mon 2nd Jun, 14:00 to 16:00

Tutor

Georgia Daniel

Fee range

Free to £88.20

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Join me on this relaxed and friendly self-help course that takes you week by week through the amazing art of chakra balancing. During this course, I will cover each chakra in detail and how you can identify where you might personally hold blockages and imbalance within your own body. Learn how every chakra has a unique colour, energy and associated crystal. You will learn techniques commonly used to balance and support your self-help techniques within the comfort of your own home. We will cover the key ingredients of the energy system to include a look at meridians and the chakra system.

Course description

January is often an ideal time to review ways some of the things we are doing right in our life and of course, areas that may need improving. Why not learn about a subject that relates to us all, the human body systems from a complementary therapy perspective. Chakras have recently become more well-known, with the growth in popularity of yoga and New Age philosophies in general. They are a complex and ancient energy system that originated in India. They were first mentioned in the Vedas, ancient sacred texts of spiritual knowledge dating from 1500 to 1000 BC. There's a lot one can study about them. The seven chakras are the main energy centres of the body. You've probably heard people talk about "unblocking" their chakras, which refers to the idea that when all of our chakras are open, energy can

run through them freely, and harmony exists between the physical body, mind, and spirit. Chakra translates to "wheel" in Sanskrit, and you can imagine them like wheels of free-flowing positive energy. Your tutor will encourage you to bring a pillow, towel, some carrier oils used for massage and essential oils if you own them, a couple of cushions, dim the lights, and maybe even light a candle with some incense sticks. Set up your working area, find your favourite chilled music, turn off that mobile phone and spend some time just doing you. We will learn this subject through both physical and practical work.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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