



Retreat: Unblocking and Balancing your Chakra's

Date: Friday Feb 24, 2023 arrive between 2 and 4 pm Til Sunday February 26 at 3 pm.

Location: Healing Haven is located at a confidential location in Prince Edward County, Ontario Canada

Who is this retreat for: This retreat is for anyone wanting to learn more about chakras, learning how to open and balance them and connecting to your higher self.

The chakra system holds your body's energy or prana.

We have 7 major chakras, align with our spine, starting at the base of your spine and continuing up through your spinal area to your crown.

These are invisible healing energy called Prana, it is your vital life force which keeps us vibrant, healthy and alive.

Chakras can become blocked and during this workshop we will work to unblock them. Once unblocked or clear then that the energy or prana can run seamlessly through your body. Helping you to reach your highest potential and to live in a grounded harmonic body.

When healing chakra's we start with the root chakra, exploring ideas of safety, nourishment belonging, finances and family. Then we move up to the sacral chakra.

The health of our lower chakras is crucial for the health of the upper chakras. Without a sense of grounding, stability, and safety it may feel jarring to open the third eye or crown chakra that are related to intuition, Divine connection and higher knowing.

During the retreat we will explore and connect to our chakras to open and unblock them.

This will happen through a variety of methods, including chanting, crystals and mantras. Practicing yoga

postures, meditation, sound healing, tuning forks, and intention setting. This retreat will then help you begin your healing.

This Retreat will be facilitated by Diane Cassidy who is a Registered Psychotherapist, RN., Shaman, energy healer, Reiki master Sound bath healer and yoga instructor. Diane has been in private practice for 32 years. She has facilitated many workshops and retreats in her life and her latest project has been to create and develop Healing Haven. This came to her in a vision while she was in Egypt.

From time to time, Diane will include some of her colleagues to assist with certain parts of the retreat.

*Please email for more information*

Diane Cassidy RN.MA, RP

healinghavenretreats.com