

# Chakra Balancing & Intuitive Energy Healing Workshop

with Marjorie Lacovic & Jill Rocker



**Saturday, November 10**

**6:30-9:00PM**

**\$55 per person (\$60 at door)**

***Learn To Open & Balance The Seven Chakra Energy Centers In Our Bodies -  
Release & Heal What Is No Longer Serving You!***

Chakras are our internal power centers that move energy in and out of our bodies. Each of our 7 chakras running along the spine, from the tailbone to the crown of the head, plays a role in creating balance in our bodies which shapes and effects our overall physical, emotional and spiritual well being.

This workshop led by Marjorie Lacovic and Jill Rocker will create a space to heal and release on spiritual, emotional and physical levels by providing education and awareness of the chakras combined with guided meditation and chanting to open each energy center. You will learn how to use a pendulum to see which chakras in your body are open or closed.

Marjorie and Jill will set a sacred space and perform Reiki energy healing, intuitive insight and guidance to assist you in releasing and healing. You will learn how to set your intentions to maintain this balance.

*Marjorie is a Reiki Healer & Spiritual Intuitive. Jill Is a Reiki Master, Full Mesa Shaman & E-RYT200 Yoga Instructor.*



**Pre-register online or in-studio as space is limited:**

**<https://www.updogyoga.com/workshops/workshops-rochester>**



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