

Manifesting Through the Chakras



Awaken your energy, align your vision, and manifest with purpose

A 7-Week Journey Through the Chakras

By the end of this 7-week journey, you'll carry a clear vision, embodied practices, and a grounded manifestation ritual to support your purpose and dreams.

When: Tuesdays, October 7- November 18

Time: 5:30- 7:00 p.m.

Where: 2850 Peaceful Point, AG: In-person or on Zoom

To register: Contact - Marilyn Mercado, nalaniweb@yahoo.com

Cost: Love Offering \$20.00/per class, (no one turned away)

What You'll Experience Each Week

Each week, we'll focus on one chakra (starting with the Crown and moving to the Root) to unlock manifestation energy step by step.

You'll explore

- * Gentle Yoga Poses for chakra balance*
- * Breathwork & Mudras to activate energy centers*
- * Reflective Journaling to release blocks and call in clarity*
- * Guided Meditation for manifestation alignment*

Highlights by Chakra

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|--------------|------|--------------------------------------|
| Crown | (7): | Connect with divine vision & clarity |
| Third Eye | (6): | Awaken intuition & inner wisdom |
| Throat | (5): | Express truth & authentic voice |
| Heart | (4): | Open to love & compassion |
| Solar Plexus | (3): | Empower confidence & purpose |
| Sacral | (2): | Ignite creativity & passion |
| Root | (1): | Ground dreams into reality |