



## **The ancient Vedic science of chakras and nadis from an Ayurveda Aromatherapy perspective**

In this fascinating journey you will go through the various sheaths of our being right from the physical body to the body of bliss, learning about our energy vortexes (Chakras), the subtle channels (Nadis) and our electro magnetic field. We will go through how the subtle energetics, the prana and chi of essential oils and vegetable oils, can assist to cleanse and balance these centres, bringing about a physical, mental and emotional equilibrium, connecting us with our body of bliss on a soul level.