

HEART MEDITATION



With Leela Sylvia Isani
May 4th 2016
5 - 6 pm

THIS HEART CHAKRA meditation is a proven exercise based on the Sufi tradition that dates back hundreds of years ago. It is a simple breath and movement exercise, which can help relieve inner tension, allowing the energy of the heart to flow freely again. The heart chakra is the medium to all other chakras. When the heart chakra is open the energy can flow freely. Free of inner blockages you may feel deeply in tune with yourself, radiating warmth and love.

The meditation consists of four meditative movements and two relaxing stages guiding you into deep state of peace and heavenly joy

www.self-company.com & www.leela-sylvia-isani.com

1200 Rs. or donation

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