

Chakra Dance

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Day/Time: Tuesday 7:00-8:30pm
Duration: 9 weeks
Tutor: Emer Dunne
Fee: €70

Course Description

Chakra Dance is a form of meditation through dance which helps the participant unblock their own chakras. The word Chakra comes from Indian Ayurvedic wisdom over 4000 years ago, and translates into sanskrit which simply means "Wheel". According to chakra philosophy we all have 7 chakras between the base of our spine and the crown of our head which co-relate with different aspects of our life including productivity, self realisation, masculine/feminine energy, creativity, communication skills and relationships with self and others.

This course will help educate people to connect back to who they are. They will discover what makes them function fully emotionally and spiritually and what is blocking them from having a fulfilled and happy life. The class consists of meditation followed by an hour of dancing, finishing with Mandala artwork based on Carl Jung psychology where you tap into your subconscious form and connect it to the conscious. It is fun, safe and is a form of self healing in a guided environment. The music is different each week and comes from all around the world.

About the Tutor

Emer (pictured below) has been teaching for over two years and has been studying the chakras for over 4 years. She has done many workshops on meditation and chakra dance in Athlone's Dancing Soul Therapy centre and also uses essential oils to help unblock the chakras in the chakra dance. She has also been a physical therapist for the last 17 years and uses her knowledge of the body to incorporate into chakra teaching. Check out her blog: oilsforchakras.com.

Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at www.adultedtiernans.ie, over the phone (087 2235741 / 01 2953224), in person at one of our enrolment evenings (11th and 12th September), or by post.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students. This includes motor cars, motor cycles and bicycles on the school grounds.

