



## WORKSHOPS + Retreats 'Dance in Balance' with Chakradance

**Experience Workshop 10 tot 20 mensen** Cost: € 20,-

Duration: 2 hours

During this introductory workshop, dance and experience all your seven inner Living Resources (chakras). Accompanied by music and visuals that resonate with your Life Sources, you are taken on a dynamic dance journey through your own energy centers. A journey to your inner powers. No judgment. Pure freedom!

**Celebrating - 2 versies - 6 - 12 mensen** Cost: € 35,- This is incl. tea, fruit, healthy snack

Duration: 3 to 3.5 hours Full Moon / Autumn / Winter and Spring / Summer This is a three hour during workshop, we dance all seven chakras, using completely different music. It starts with an opening meditation, a warm-up dance and then the seven chakras are danced. The workshop ends with a creative exercise and meditation to quit. The overall feeling of this workshop are dynamic. It's a nice discovery through your own energy centers!

**Awakening Cyclus - 9 weken 6 - 10 mensen** Cost: € 175,- incl. courseware

Duration: 9 weeks - 2 hours (€ 150,- for continuation or recurrence) Awakening is for both beginners and for those who practice regularly Chakradance™. The first week begins with an introduction. Then we focus on one specific weekly depth Life Source (chakra). During the last week we connect all life resources with each other during the integration workshop.

This cycle will drain all your seven Living Resources in a gentle manner and balance. If you dance regularly Your Life Resources and your chakra system, any stagnant energy will flow again and you will feel vital and energetic. Awakening this workshop can bring you access to insights into your life balance and improve your health.

**Retraites ligt aan de locatie, minimaal 8 personen** Cost: about € 395,-

Duration 3-4 days (Incl. Accommodation, meals, drinks + snacks)

Give yourself time to take a break from your everyday life and experience the full magic of a Chakradance™ retreat. A weekend or midweek of dance, meditation, reflection, connection and inner growth. A wonderful opportunity to experience peace in your Life Resources (chakras), relax, enjoy, connect with yourself and share with likeminded people.

I organize also Woman Cirkels, every full moon, every month another theme, feminine Yin energy. It's a place to meet, for connection, to give and receive, healing, dance, eat & drink, enjoy & relax

**Polyenergetisch Life Coach  
& Facilitator Chakradance™**  
For Awareness, Healing and Growth  
**Alexandra Langeveld**

