

Conversation with the Chakras

A meeting during which we will explore the Chakra system through the voice, breathing techniques and meditation. The course aims to recalibrate the nervous system, through the soundtrack of the body. The voice will be the vehicle that will help us awaken the main organs and systems that ensure the balanced functioning of the physical body in relation to the mind and the emotions stored in it.

Who is it for?

There are no age limits and no previous experience is required. The course is for those who are curious to experience vocal vibrations through the Chakras.

Number of Participants:

The course will take place with a minimum of 5 participants.

Duration:

The course takes place in a single two-hour meeting.

Teachers:

Giulia Lorenzoni, Conservatory graduate singer, currently active as a teacher and performer;
Beatrice Petrini Yoga teacher graduated from Cape Town Yoga School (South Africa), and reiki healer
<https://www.beatricepetriniyoga.com/>

Date and place to be defined based on requests.

For info, reservations and costs send an email to info@giulialorenzoni.it