



REGENERATE, REJUVENATE & REHABILITATE

CHAKRA MEDITATION FOR HEALING

with Sri Bala Ratnam

At the workshop you will LEARN TO:

- Breathe deeply, slowly & rhythmically in different ratios to REGENERATE & REJUVENATE.
- Neutralise traumas & tensions of this and previous births at the major Chakras.
- Enhance the psychic qualities of the same Chakras.
- Activate the process of healing by allowing the cosmic vibratory energy of AUM to vibrate & resonate at the seat of the problem to REHABILITATE.
- Enhance the process of healing by meditating at the Anahata Chakra – the seat of the soul, & end the workshop with an affirmation.

A POWERFUL TOOL – YOURS FOR LIFE!

SATURDAY JULY 18, 2009 FROM 7 – 9 PM

VENUE: The AUGUSTINE CENTRE, 2 Minona Street, East HAWTHORN

INQUIRIES: Sri Bala on Phone (03) 9545 0545; Mobile: 0410 252 389;

Email: sribala@vbt.com.au

WORKSHOP COST: \$20

Products: A CD (\$ 25) & DVD (\$ 30) on the workshop will be available for sale.

RESERVATIONS: 1. The AUGUSTINE CENTRE Phone (03) 9819 2844; Fax: (03) 9819 5659; Email: office@augustine.org.au
2. Sri Bala Ratnam as above.

PAYMENT: At the door.

PARKING: Available in the vicinity. Participants are advised to arrive 15 minutes early to secure parking. The Auburn Railway Station is within walking distance to the venue.

REFRESHMENTS: Light refreshments will be served after the workshop.



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&
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