

# Stepping into the Rainbow Power Chakra drumming & dancing for women

with

**Christa Mackinnon & Teresa Konnaris**

11<sup>th</sup> April 2015, 10am – 6pm, Kamdaris House, Yelverton, Devon



**At this point in our collective journey into a new era, where the feminine is asked to take its rightful place within co-creation, women need to find ways to step into their power.**

**This workshop will help you to explore the vibrations and messages of the seven energy centres and energise and balance them. We will work with chakra drum rhythms, chakra dance & charka meditations, as well as with journeying and creative expression.**

**Come along! It will be a great and empowering day**



## **About Christa Mackinnon and Teresa Konnaris**

**Christa** is a psychologist, therapist, group facilitator, shamanic teacher and author of 'shamanism and spirituality in therapeutic practice'. She has worked with women and women's groups for over 25 years, both therapeutically as well as shamanically and runs drumming workshops. Her new book will be about the feminine.

**Teresa** is a teacher and facilitator of African drumming and chakra rhythms. She is a person-centred-counsellor and transpersonal therapist, working with personal development, which involves working with the inner masculine and feminine. Teresa is also the author of "higher relationship" and designed the insight cards, 'the equation of life'

# Booking Form

Workshop:

**Stepping into the Rainbow Power:  
Chakra Drumming and Dancing for Women**

11<sup>th</sup> April 2015, 10am to 6pm  
Kamdaris House, Harrowbeer Lane, Yelverton, Devon

**Please book early. Places are limited.**

**Name, Address**

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**Email .....** **Tel.....**

**The fees for the workshop are:**

**£ 45 (waged)**

**£ 32 (unwaged)**

## Payment:

You can pay by cheque or via bank transfer (please tick / delete appropriately)

**Cheque:** Please make cheques payable to "Christa Mackinnon" and send them together with your booking form to: Kamdaris, Harrowbeer Lane, Yelverton, Devon PL20 6DY

**Bank transfer:** Please attach your completed booking form to an email to [christa@kamdaristraining.co.uk](mailto:christa@kamdaristraining.co.uk) and pay your fees via bank transfer to: Christa Mackinnon, Halifax, acc.no: 00438749, sort-code: 11-06-62

**You will receive 'joining instructions' with your booking confirmation**