

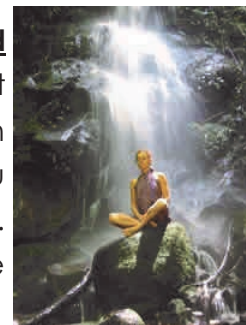


7 CHAKRAM

The Art of Living RIGHT with the Power of Knowing

Half Day Mini Retreat @ Janda Baik

Our mini retreat is a unique opportunity to help participants cleanse, **release and remove unwanted deep-rooted emotional traumas** without the need to define what the traumas are. Deep rooted traumas act as invisible wall against the manifestation of your intentions and goals. These traumas could go back all the way to when you were born. Our simplified yet powerful method has proven to show immediate results. As our mission is to make you happy and be able to enjoy life to the fullest, we invite you to join us to initiate the change for a better life.



Many who participated in this retreat before have seen amazing results immediately.

This invitation is **open to all** and not only limited to those who attend our weekly sessions.

Please confirm your attendance and your availability of transport.

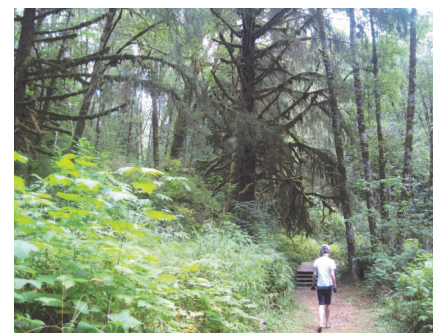
Carpooling is welcomed.

Time: 6.30am – 1pm (We will gather at 7 Chakram at 6.30am)

Fee : RM50 per person

Food: Potluck. (Enough for at least 1 person. Kindly inform us of the food item that you will be bringing)

Transportation: Please specify if you need transportation upon registration. There will be an **additional charge of RM15** for those who require transport.



Upcoming Retreat Dates (Saturdays)

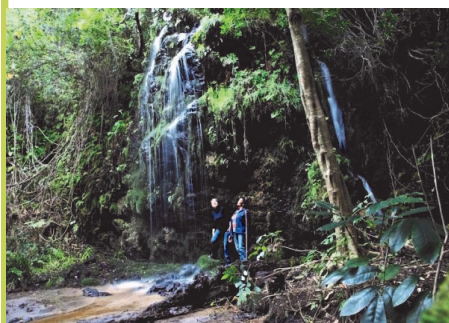
February 15, 2014

April 12, 2014

June 7, 2014

September 13, 2014

October 11, 2014



Things to bring: Towel, Light & easy clothes (preferably white), Change of clothes and Toiletries.

For further details contact:

7Chakram Centre

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Taman OUG

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The Solar Plexus Chakra

The Solar Plexus chakra/energy center sits in the upper belly. This is the area that people refer to when they have a 'gut reaction' to something. Your Solar Plexus is the seat of your will and your ego. It is believed that the energy of this chakra starts to develop during puberty; which is when many start to develop their own sense of who they are and how to express themselves or gain personal power.

The Solar Plexus energy rules much of the digestive system and imbalances can be reflected in stomach and digestive problems. Eating disorders, diabetes, cirrhosis, and intestinal tumors could all be connected to energetic imbalances in the Solar Plexus.

Through this cleansing method, participants will experience better energy balance in the Solar Plexus chakra.