

# Chakra Healing Group



with Kristie Powell, LMHC, RYT

## Feeling disconnected?

Join a therapist (and registered yoga teacher!) in this 6-week group to help you break free from unhelpful thought patterns and behaviors.

Receive education on various Eastern healing methods with our guest speakers.

Understand and heal emotional wounds from key developmental periods of your life through the lens of clinical mental health and Chakra healing.

Learn how to use the power of yoga to heal emotionally and spiritually.

Connect with like-minded individuals!

**spaces limited! go to**  
**[integrativecounsel.org/groups](http://integrativecounsel.org/groups)**  
**for more info and to sign up!**

Every Tuesday

**July 20th - August 24th • \$420**