



Heal Your Life

9 WEEK E-COURSE

ACCREDITED CHAKRADANCE FACILITATOR

Lauren Gayl

Presents

chakradance™

to Heal Your Life

A healing journey into the depths of your body, psyche, and soul
to transform your life



Are you stuck in negative patterns of behavior, or limiting habits, that you just can't seem to break free from?



Do you keep experiencing the same health issues, or relationship, money, or work dramas over and over again?



Do you feel as though you've lost your passion and purpose and live in a perpetual state of feeling stressed out, overwhelmed and anxious?

This highly unique program is for you if you're ready to radically TRANSFORM your life on every level, in every way. If you've decided, deep within, that now is the time for you to fully thrive. To release the chains of your past and to show up in the world as your most authentic and empowered self.



DailyOM



Forbes



Entrepreneur



WHAT IS chakradance™?

Movement is the language of deep transformation.

Consider this your divine invitation to use a fusion of Jungian psychology, dance, chakra resonant music, guided visualization, and mandala art as an elixir for your mind, body, and soul.

Chakradance gently unravels buried feelings, unresolved memories, and unconscious inherited beliefs, all of which we hold in our bodies, and in our energy centers, called the chakras. This blocked energy becomes the tension in our bodies, the illnesses we develop, and the negative patterns we keep repeating in our lives.

Balancing your chakras will change your life.



As you turn your awareness inwards you will release sabotaging beliefs and patterns, align with divine guidance, and move into a new realm of consciousness. You will start living and experiencing life from a **STRONG, ALIGNED, LOVING** foundation. You'll experience your own deep healing journey, releasing old wounds and traumas and discovering the potent energy that lies within you for change, ascension, and expansion.

And all this is centred around expressing ourselves through the joyful, uplifting, and innate calling in all of us to go within and move, dance, heal.

Step by step, and chakra by chakra, I will guide you on a journey to becoming the most full, vibrant, colorful version of YOU so that you can live the life you are meant to lead.



Picture this ...



You no longer need to keep playing it safe, but feel confident enough to speak up, speak out and share your authentic, creative truth with the world.



You don't need to keep numbing your pain with alcohol, food, or mindless TV. Instead, you are able to express your feelings and release them, freeing you up to receive genuine pleasure in your life.



You no longer worry about not having enough, as you are a clear channel for abundance in all its forms.



Instead of sleepwalking through your days, you feel clear, on-purpose and ready to commit to the next steps on your soul path, aware, aligned, and alive.



You are no longer over-giving from a place of burn-out, as you know how to fill your cup, as well as how to create and maintain sacred and powerful boundaries that serve everyone.



Your relationships no longer feel draining or challenging, as you lovingly address what needs to change and co-create that with the endless support of the divine within you.



You no longer feel confused or in the dark about which direction to take, as your intuition is so sharp, that it feels like a constant guiding light.

Movement is one of the most powerful ways to awaken the energy within you, shift it, release it, and move beyond everything you ever thought was possible for yourself. Through Chakradance, you can improve your whole state of being —emotionally, physically, and spiritually. You'll expand your positivity, productivity, and the possibilities in your life.

Here's how the journey unfolds:



Week 1: HEALING INITIATION

Activate your transformation



Week 2: BASE CHAKRA: THE SACRED MOTHER

Release ancestral patterns and trauma and feel safe, supported and deeply present in your body and life



Week 3: SACRAL CHAKRA: THE ABUNDANT EMPRESS

Break the pattern of self-sacrifice, release your suffering and flow with passion, pleasure, and prosperity.



Week 4: SOLAR PLEXUS CHAKRA: THE WARRIOR GODDESS

Burn away feelings of unworthiness and ignite your courage and inner power



Week 5: HEART CHAKRA: THE LOVING HEALER

Heal the hurts in your heart and radiate pure love and joy



Week 6: THROAT CHAKRA: THE WILD CREATRIX

Take off your masks and express your true, authentic self



Week 7: THIRD EYE CHAKRA: THE AWAKENED DREAMER

Release your limited beliefs and dream your world into existence



Week 8: CROWN CHAKRA: THE EMBODIED PRIESTESS

Surrender your struggles and open to the light of grace



Week 9: THE INNER TEMPLE

Finding wholeness within





Here's what you will receive:



Video Lessons

Each week of the course includes a video lesson from Lauren which will guide you through implementing this powerful practice in your life.



Chakradance MP3s

You'll also receive a full suite of the proprietary audio music files that are the keys to the Chakradance modality.



Beautifully designed self-reflection workbooks

Each workbook will gently guide you through the Heal Your Life journey with self reflection questions.



Weekly 60-minute group Zoom calls

Join Lauren and a tribe of like-minded souls each week and share your experiences, learn from others, and be witnessed on your journey.



9 Weeks in a private Chakradance to Heal Your Life online community

Be held in a safe container throughout your Chakradance journey and receive support and encouragement from Lauren and your fellow Chakradancers.



Fascinating insights into the effect of movement
on the chakras... and a wonderful experience

DR DEEPAK CHOPRA, THE CHOPRA CENTER

chakradance™

to Heal Your Life

**Entire 9 Week Program
\$1499**

***And, as a way to add even more of your senses to the experience,
you will receive a beautiful set of 7 Gayl Creative Arts custom
formulated chakra specific essential oil rollers - \$200 value***

“Chakradance has truly re-ignited my joy for life.” Angela

“Chakradance has been one of the most powerful, profound, and life
changing experiences of my life.” Anthea

“Chakradance has changed my spiritual DNA.” Joyce

“Chakradance is the best gift of self-care and self-love that I have ever
given myself.” Stephanie

“A liberating and intoxicating journey.” Vina

“Chakradance has changed my life in EVERY way. It makes life
exquisite.” Lesley

ABOUT

Lauren Gayl



Hello Radiant Being,

From an early age, I have been fascinated by the impact words, colors, and music have on our inner and outer worlds. And, throughout my life I have explored this impact in multiple ways. From using my words to open the minds of my clients when I was in the business world, to bringing people's beings to life in my pastel portraits, I have always striven to help people articulate and find their truths. And then there is the music and the movement that helps us anchor those truths in our bodies, most often through dance.

This lifetime passion to better understand and embody the power of words, colors, and music, and to use those tools to help myself and others become our clearest selves, has led me to explore multiple communication, creation, and transformation modalities over the years. And thankfully, 4 years ago that passionate exploration led me to Chakradance. I cannot imagine a more beautiful, complex, yet uncomplicated way to feed my passions, and bring deep peace and healing to the people I serve.

Healing your chakras heals your Life. Balancing your chakras balances your life. Chakradance to Heal Your Life is a subtle, elegant, multisensory path to deep chakra health, and physical, mental, emotional, and spiritual healing. I look forward to guiding you in this beautiful Chakradance journey back to your true self

Namaste
Lauren

gaylcreativearts@gmail.com
360-505-0997