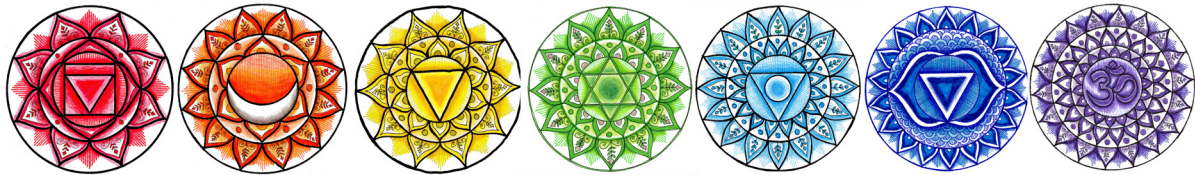




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## Chakra Retreat Schedule 2019

### Root Chakra

Friday, June 14, 2019 at 10:00 am to 1:00 pm, EST

Friday, June 14, 2019 at 6:00 to 9:00 pm, EST

Friday, June 21, 2019 at 6:00 to 9:00 pm, EST

### Sacral Chakra

Friday, July 26, 2019 at 10:00 am to 1:00 pm, EST

Friday, July 26, 2019 at 6:00 to 9:00 pm, EST

Saturday, July 27, 2019 at 10:00 am to 1:00 pm, EST

### Solar Plexus Chakra

Friday, August 23, 2019 at 10:00 am to 1:00 pm, EST

Friday, August 23, 2019 at 6:00 to 9:00 pm, EST

Saturday, August 24, 2019 at 10:00 am to 1:00 pm, EST

### Heart Chakra

Friday, September 27, 2019 at 10:00 am to 1:00 pm, EST

Friday, September 27, 2019 at 6:00 to 9:00 pm, EST

Saturday, September 28, 2019 at 10:00 am to 1:00 pm, EST

### Throat Chakra

Friday, October 25, 2019 at 10:00 am to 1:00 pm, EST

Friday, October 25, 2019 at 6:00 to 9:00 pm, EST

Saturday, October 26, 2019 at 10:00 am to 1:00 pm, EST

### Third-Eye Chakra

Friday, November 15, 2019 at 10:00 am to 1:00 pm, EST

Friday, November 15, 2019 at 6:00 to 9:00 pm, EST

Saturday, November 16, 2019 at 10:00 am to 1:00 pm, EST

### Crown Chakra

Friday, December 20, 2019 at 10:00 am to 1:00 pm, EST

Friday, December 20, 2019 at 6:00 to 9:00 pm, EST

### Register for the Chakra Workshops

[truenortharts.com/chakra](http://truenortharts.com/chakra)

### Already registered?

Sign up for your Zoom retreat by logging  
into the workshop at

<http://100mandalascommunity.com>

### Questions?

Email Kathryn Costa at

[kathryn@100mandalas.com](mailto:kathryn@100mandalas.com)