



Workshops: All posted on the BE WELL BLOG's Calendar of Events.

[Workshop Schedule](#)

PRE REGISTRATION IS NECESSARY

A \$20 deposit is required at the time of registration to cover the cost of materials for all workshops.

[Chakra Balancing Workshop](#)

This is an introductory class on Chakra Balancing.

Class is held from 7PM-9PM Thursday Evenings Fee \$45

Last class Thursday October 2nd – Prior to Intensive

New classes to be scheduled for Next Intensive. Contact the Center if interested. 413.250.0455 mdiblasio@westernmasswellness.com

This presentation will give an overview of your Chakra system and how it functions.

It will tell you the different colours that are associated with each Chakra and the glands they are directly linked to in the Endocrine System. It may give insight about chronic ailments you may suffer from, and by determining the Chakra involved, we can give suggestions and affirmations that may help clear blocks that may be present. How different habits and patterns you are in can directly effect your well being, positively or negatively.

A 7-month Intensive Class will meet once a month. Please see Intensive write up.

[Crystal Healing Therapy Workshop](#)

This is an introductory class on Crystal Healing.

Class is held from 7PM-9PM Thursday Evenings Fee \$45

New classes to be scheduled for Next Intensive. Contact the Center if interested. 413.250.0455 mdiblasio@westernmasswellness.com

This presentation will explain how introducing crystals into your everyday life can enhance your well being. It will explain the vibrational frequencies of the different crystals and the effects they have on different areas of the human body. You will learn how whether you carry the stones, keep them by your bedside, or wear them in jewelry, they have a direct effect on the energy field around you. We will also give you an opportunity to feel for yourself various stones to see if you can tell the difference, and why.

[Chakra/Crystal Intensive Workshop \(7 month course meeting once a month.\)](#)

WMW offers a Chakra/Crystal Balancing/Healing Intensive that will run the course of Seven months - Class is held from 7PM-9PM Thursday Evenings \$35 per class (w/ a one-time fee of \$20 for materials due at sign up) The class will start in June and run through December 2008. We will meet once a month as follows:

Second Thursdays of the month
OCT 9TH. NOV 13TH. DEC 11TH. JAN 15TH. FEB 12TH. MAR 12TH. APR 9TH.

Pre-requisite - WMW Introductory Chakra Balancing Class & ****NEW FOR NEXT INTENSIVE**** Crystal Healing Therapy Workshop. If you have had initial training in either or both Chakras and Crystals however, classes were not taken with WMW an additional \$25 will be necessary to cover the cost of materials needed for the class that were previously given out.



The Intensive will cover each chakra and enhance what we already have learned in the beginner class. It will also incorporate the crystals associated with the appropriate Chakra as we walk through them month by month. It will be largely based upon class participation. We all, as a group, will share in our experiences, and help one another move from one chakra to the next. We will meet once a month, but we will have a contact list to get together in the interim as needed.

It will also be you, at home, actively participating. It will be as much or as little as you make of it. In class, we will be going over step by step exercises in the book (supplied by WMW).

The book on Chakras that we will use (my all time favorite) will cover meditations, exercises, altar set up recommendations and, associated crystals (A Chakra Set will be given to each student)

Any questions at all on the above information – please do not hesitate to contact the Center. 413.250.0455 or via email mdiblasio@westernmasswellness.com