

TESTIMONIALS: ROOT CHAKRA AWAKENING EXPERIENCE

22 July and 25 July 2021

“It was a colourful, positive, healing experience. Anyone looking to escape and broaden their vision; it ticks all the boxes!! I came away feeling energized!! So educational, hope to continue this journey, thank you” - MLE

“A calm and safe place to explore and experience” - K

“Noona and Dee’s Root Chakra Workshop was the perfect introduction to chakra and energy work. A perfectly balanced experience with movement, explanations, instructions and a beautiful visualisation to meet your personal power, artwork, expression and journaling. Learning about the chakras and the crystals was super interesting and realising why a certain crystal was calling me was enlightening. My visualisation journey was incredible! I will absolutely try to go back there whilst daydream, meditating. Thank you both, this was beautiful” - S

“A lovely, calming and grounding experience. Perfect for my head that is a bit all over the place. Everything was great. I enjoyed the chakra experience immensely. The art-making felt so important and necessary. Thank you!” – H

“If you’re new to energy work and chakras Dee and Noona’s workshop series is a beautiful place to start your exploration. They will take you on a journey, accompany you every step of the way, giving you a new vision to your life leaving you empowered and renewed. Thoroughly recommend it” - S

“A lovely way to spend 3 hours. Connecting through the circle of people and group energy. Connecting with my body through the yoga postures and breathwork. Connecting to the subconscious mind with the visualisation, drawing and journaling of the experience, the energy of the space for the workshop is lovely. Noona and Destiny welcomed us, put us at ease and guided us beautifully through this root chakra workshop” - L