



The Chakras

Are you interested in learning a bit more about our energy centers and how we nourish them using Capacitar practices?



We invite you to join us!

“Nourishing our Energy Centers - the Chakras”

WHAT? Two online workshops - each 2 hours

For WHOM? Anyone interested in exploring the Chakras and how we nourish our Energy Centers using Capacitar practices — whether you have done any previous training or not!

With WHOM? Joan Condon (Capacitar International) jcondon@igc.org
& Nancy Adams (Capacitar Scotland) capacitarscotland@gmail.com

WHEN? Saturdays: 14th March & 11th April 2026 (NOTE: the USA changed time on the 8th of March. In the USA, the first session, 14th March, will be an hour later than the April session! We are so sorry we had not noted this before)

TIMES?

USA: Pacific:	March: 0930-1130 — April: 0830-1030
Mountain:	March: 1030 - 1230 — April: 0930-1130
Central:	March: 1130 - 1330 — April: 1030-1230
Eastern:	March: 1230 - 1430 — April: 1130-1330
EUROPE: UK/Ireland:	1630-1830 — Germany/Sweden:1730-1930
	Israel/Palestine:1830-2030

WHERE? on Zoom - the link will be provided when registering your interest.

COST? A donation of \$20 / £15 for the 2 sessions— towards expanding the work of Capacitar International— would be received with gratitude (details for how to donate will be provided upon registration)

To register your interest or for more information, contact Joan or Nancy at the email addresses above.