

# Energy 4 Life – Exploring the Ancient Chakra System

with **Caroline Shola Arewa**

**Author of *Opening to Spirit* and *Way of the Chakras***



- Would you like more **Energy and vitality**?
- Do you want to raise your **Consciousness and quality of life**?
- Are you ready for **Change**?

Most people want enough energy and vitality to live life to the full. Why feel drained, exhausted and stressed out all the time, when being full of energy is our birthright. We need regularly topped up, good quality energy for optimum health and wellbeing.

Core energy and the Chakras are central to your life and wellbeing. Explore the **Human Energy System** and how you can develop greater physical health, emotional stability and spiritual awareness. This interactive evening will help you create immediate energetic changes in your life.

Knowledge of the Chakras is fundamental to Energy 4 Life which is a new and exciting health and conscious living programme. [www.energy-4life.com](http://www.energy-4life.com)

**If your energy levels need a boost, make sure you join us at the next**

## Inspiring Soul Evening –April 6th

**£10—Concessions £5. FREE coffee, tea & biscuits**  
**Bring two new friends along and get in for FREE!**

**Doors open 6;45pm for 7.15pm-9.15pm**  
**Waltham Bistro, Regiment Way Golf Centre, Back Lane, Little Waltham nr Chelmsford, Essex CM3 3PR**

**To book your place contact**  
**Sheila@sheilasteptoe.com**  
**01245 361274**

**[www.sheilasteptoe.com/events](http://www.sheilasteptoe.com/events)**  
**or just pop along on the night**  
**All welcome**