

At GateWay Taiji, Qigong & Yoga—Portsmouth, NH

# Chakra Chanting Circle

Sundays, April 23 and May 21; 5:30-6:15pm

By Donation



The Chakra Chanting Circle will be led by Cathy Okhuysen of Portsmouth, NH. Cathy is passionate about sharing chants

and companioning people as they explore chanting. She has offered contemplative singing in many settings for more than 10 years including South Church-UU in Portsmouth; Bethany House of Prayer in Arlington, MA; The Portsmouth Public Library; Araloyka Buddhist Center in Newmarket and other retreat and sacred spaces.

All are welcome! No musical experience or yoga background is needed. Wear comfortable attire.

**Chanting helps us quiet the chatter of our minds and find a calm clear space within.**

The chakras are energy centers in the body. The bija mantra - Sanskrit syllables- are particularly resonant in each area and help to balance the body and mind. During the circle, we will explore the bija mantra and other simple chants with song and silence in community.

**No fee; voluntary donations will benefit HAVEN.**

GateWay   
Taiji, Qigong & Yoga

Visit [www.gatewaytaiji.com](http://www.gatewaytaiji.com) for a complete schedule of our yoga, taiji (tai chi) balance and qigong (chi kung) classes

**Chakra Chanting Circle**  
875 Islington St, Portsmouth  
Gatewaytaiji.com;603-610-9395

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