



Purchase Access to 2024 Series: Embodied Spirituality Materials. Videos will come to you as an unpublished link to a YouTube video. Videos will be available until January 2026 (and maybe longer if popular)

Chakras are also known as “Energy Centers”

- \_\_\_\_\_ Session 1: Grounded in Reality: Root Chakra
- \_\_\_\_\_ Session 2: Emotional Creativity: Sacral Chakra
- \_\_\_\_\_ Session 3: Living an Empowered Life: Solar Plexus Chakra
- \_\_\_\_\_ Session 4: Living a Life of Love: Heart Chakra
- \_\_\_\_\_ Session 5: Living and Expressive Life: Throat Chakra
- \_\_\_\_\_ Session 6: Living a Life with Intuitive Wisdom: Third Eye Chakra
- \_\_\_\_\_ Sessions 7: Living with Divine Inspiration: Crown Chakra
- \_\_\_\_\_ Session 8: Living an Integrated Life: Working with our Cards
- \_\_\_\_\_ ALL Sessions 1-8

Purchase Access to All 8 Sessions = \$175 (1 session free)

Purchase Single Workshops = \$25/session

Receive:

- Unpublished YouTube video links
- Downloadable Handout Packet

Email Cindy Serio [cserio@m-sfm.org](mailto:cserio@m-sfm.org)

Write the Body of Email  
OR Print, Scan & Email the PDF

After payment is received, you'll receive an email with video & handout packet

Zelle **832-330-3973**

Pay “Cynthia Serio”

PayPal <https://paypal.me/mosaicminister>

Pay “Cynthia Serio”