

## Chakras 101: How to Manifest Your Heartfelt Intentions Dena Marie

**Event:** BEPC Monthly Meeting  
**Date:** Monday June 19, 2017

Greetings Friends and Light Workers!

Mark your calendars for another phenomenal speaker! We are honored and excited to have Dena Marie sharing ***Chakras 101: How to Manifest Your Heartfelt Intentions*** with us.

### **Chakras 101: How to Manifest Your Heartfelt Intentions**

Take a journey through your chakra system with Dena Marie. Learn how to break through energetic blocks and frustrations with this playful talk.

You can determine if you're utilizing your energy to its fullest potential and then know how to address those areas where your energy may need a tune-up. Like a personal trainer who sets out to inspire and encourage you with a routine for your physical health, Dena hopes to offer an energy routine which will inspire and encourage you to embrace your deeper higher inner energy. True health and healing comes when we fully recognize how much our energy matters!



Dena Marie is with Seattle Natural Awakenings Magazine as the director of operations, the author of the book *Our Energy Matters*, speaker and hosts the radio show *Lift Your Spirits With Dena Marie*, airing weekly Friday's from 8-9 a.m. on 1150 KKNW AM Seattle. [www.LiftYourSpiritswithDenaMarie.com](http://www.LiftYourSpiritswithDenaMarie.com)

**Dena Marie**

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The general meeting starts at 5:30 PM and at 6:00 PM the presentation will start. Remember BEPC monthly meetings are on the 3<sup>rd</sup> Monday of the month. No cost to club members and \$5 for guests.

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**Date:** Monday June 19, 2017  
**Venue:** Denny's Restaurant  
**Address:** 1246 Central Ave North, Kent WA 98032  
**Time:** 05:30 – 06:00 PM General Meeting  
06:00 – 08:00 PM Guest Speaker

**Website:** [www.bepcweb.org](http://www.bepcweb.org)

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