



Chakra
Balance
System ©

chakrabalancesystem.com
chakrabalancesystem@gmail.com
+33 (0) 6 20 36 46 53

*A deep connection
to our inner being.
for the union
of the spiritual and the sacred,
the body and the spirit.*



Manoushka ...

... is a dancer and instructor of American Tribal Style®, Kundalini Yoga and creator of Chakra Balance System. On the base of her experience, her studies, and teachings she received from Hindu, Tibetan and Sikh tradition Masters, she accompanies groups of meditation for over 20 years. With goodwill and attention Manoushka guides each one to find its own tempo in order to acquire clarity of mind, emotional balance, wellbeing. Her vision of all practices that accompany the alchemical process of transformation guide her way of life.

Chakra Balance System © ...

... is a technique of self-healing through precise work on the Chakras to balance the elements and energies of the Body, Speech and Mind. It leads to the increase of the vibratory rate to make it conducive to other practices or simply balance everyday emotions. With the CBS© method, Manoushka relies on a set of traditional and modern tools that will guide you through a process of transformation and evolution that will reconnect you to your deep inner nature and the multidimensional being that you are.



Let's meet

An Invitation to travel through a series of workshops custom designed according to your needs and events.



Tantra Flow©

A moment of deep contemplation through the use of sounds, visualizations and Mantras for a sacred approach of Meditation, which is the basis of tantric practice.

"My soul honors your soul"

Connect to oneself through the partner and align the divine in each other. Subtle meeting of the couple for together unite common energies and use them on a daily basis.

Hugging Meditation Flow©

Enter a state of intense relaxation after meditating by yourself, you will dive into a deep meditation by two or more into the arms of each others.

Dance Movement Flow©

Find the flow of your inner energy through movement. Raise the vibrational field of the body to connect to your true nature and enhance all aspects of your life.

«Divine Devi»©

Bring out the power of being a Divine and Wild Woman. Allow yourself to become a Sacred Woman in order to find the balance with the Masculine in you and around you.