

The Soma Ensemble Set List

Seven Chakra Meditation Set

1 hour 30 minutes

Participants welcomed into the space and making themselves comfortable. 10 minutes

Root Chakra 10 minutes

Sacral Chakra 10 minutes

Solar Plexus Chakra 10 minutes

Heart Chakra 10 minutes

Throat Chakra 10 minutes

Third Eye Chakra 10 minutes

Crown Chakra 10 minutes

Participants waking up. 10 minutes