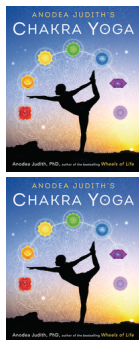


Anodea Judith's Chakra Yoga - Anodea Judith



As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$31.99

Sales price without tax \$31.99

Tax amount

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Description

In this long-awaited book by acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike.

Reviews

There are yet no reviews for this product.