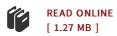




Chakra Workbook

By Pauline Wills

Tuttle Publishing. Paperback. Condition: New. 128 pages. Dimensions: 9.2in. x 7.3in. x 0.4in. Learn how to harmonise your seven major chakras Work with practical exercises Awaken and revitalise your own natural energy Chakras are spinning wheels of energy in the body. When they are balanced and in harmony you feel full of vitality and in peak condition. But when they become unbalanced and hamper the free flow of your body energy, you will quickly become tired and out of sorts. In Chakra Workbook, Pauline Wills first explains the chakras as part of the ancient Indian healing system and yoga philosophy. She shows where the seven major centres are located, how they are linked and how they influence the bodys well-being. She then presents a wealth of practical exercises - ranging from colour work, reflexology, yoga postures and breathwork, plus meditation and mantras - to enable you to balance each chakra in turn. A regular chakra workout will help you to improve your spiritual, emotional and physical well-being, plus increase your energy levels to face your busy day! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

It is fantastic and great. It generally is not going to cost an excessive amount of. You will like the way the blogger create this book.

-- Gerardo Bauch PhD

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.

-- Prof. Jedediah Kuhic DVM

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