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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.



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