



Anodea Judith's Chakra Yoga

By Anodea Judith

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Anodea Judith's Chakra Yoga By 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.

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.

Praise:

"Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for liberating, transforming, and balancing our energetic body and life, it is a gift to the world."—Shiva Rea, founder of Prana Vinyasa and author of *Tending the Heart Fire*

"For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE. Enjoy the ride!"—Margot Anand, author of *The Art of Everyday Ecstasy*

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Anodea Judith's Chakra Yoga By Anodea Judith Bibliography

- Sales Rank: #8398 in Books
- Brand: imusti
- Published on: 2015-09-08
- Original language: English
- Number of items: 1
- Dimensions: 9.22" h x .57" w x 7.54" l, 1.00 pounds
- Binding: Paperback
- 454 pages

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Editorial Review

About the Author

Anodea Judith, PhD is the founder and director of Sacred Centers, and a groundbreaking thinker, writer, and spiritual teacher. Her passion for the realization of untapped human potential matches her concern for humanity's impending crises?her fervent wish is that we "wake up in time." She holds Masters and Doctoral degrees in Psychology and Human Health, with lifelong studies of alternative medicine, yoga, mythology, history, sociology, systems theory, and mystic spirituality.

She is considered one of the country's foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the Chakra System for the Western lifestyle. She spends much of her time on the road teaching, with workshops and trainings offered across the US, Europe, and Central America.

Users Review

From reader reviews:

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