



Anodea Judith's Chakra Yoga

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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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Casey Larsen:

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Kristen Hamilton:

Reading can called head hangout, why? Because if you are reading a book specifically book entitled Anodea Judith's Chakra Yoga your brain will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely will end up your mind friends. Imaging each word written in a publication then become one form conclusion and explanation that will maybe you never get previous to. The Anodea Judith's Chakra Yoga giving you yet another experience more than blown away your head but also giving you useful information for your better life within this era. So now let us explain to you the relaxing pattern here is your body and mind is going to be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary investing spare time activity?

Peter Holmes:

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