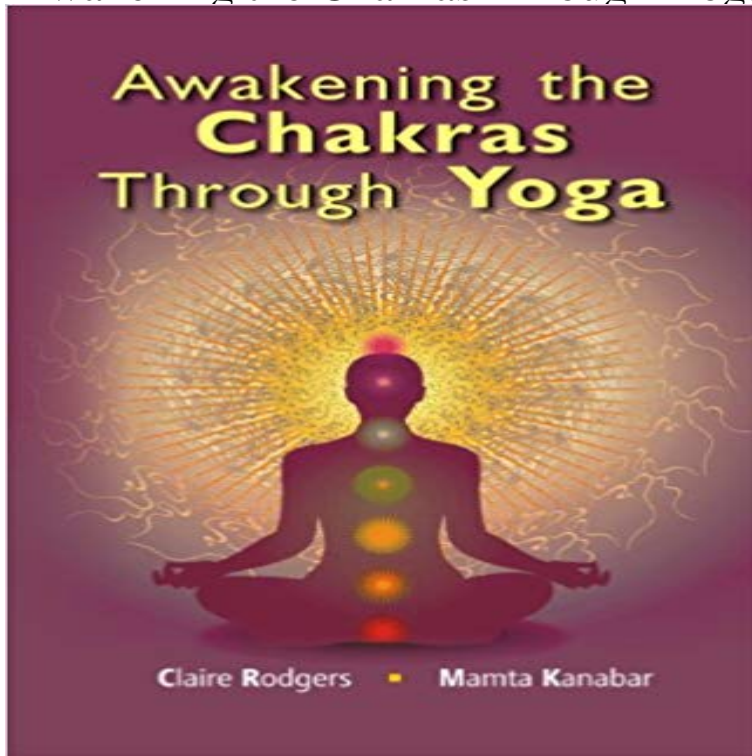


## Awakening the Chakras Through Yoga



The Chakras are the energy centres of the body, helping to re-distribute the flow of energy throughout the body. They influence us physically, mentally and emotionally and play an integral role in maintaining good health and well-being. Through the practice of yoga, we can awaken and enhance these energy centres, bringing vitality, clarity of mind and a growing sense of peace and contentment, helping us realise our true potential. This book gives a clear and simple explanation of the qualities associated with each chakra, and how these qualities are reflected in our thoughts and behavior. The yoga postures, breathing exercises, mudras, mantras and meditations which serve to activate each chakra are described, as well as practices to fine tune the whole energy system, and day to day activities to strengthen each chakra. The book is an easy to follow guide, helping us bring balance to mind, body and spirit.

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Comprehensive in its approach, Yoga to Awaken the Chakras helps you work You'll be guided through postures, special exercises, and mini-meditations that Join us and experience essential oils and Yoga to Awaken the Chakras presented by.. Victoria McMahon, MA, PCC, E-RYT 500. Thursday, June 12th 6:30-8pm **How To Use Yoga Poses To Awaken Your Chakras** Dec 6, 2010 - 56 min - Uploaded by Yoga Practice Videos - Yoga Vidya Activate your Chakras and let the energies flow. Sukadev leads you through an intermediate **The Yoga of Awakening: Chakra Flow - Meditation - Sounds True** Explore and connect with the chakras in your energy body during this special and awareness Take home a yoga routine to awaken the energy in the chakras spine are the seven centers of energy, the chakra through which energy can **9788178359922: Awakening The Chakras Through Yoga** Through the practice of Kundalini Yoga, this energy is channeled up the spine, through the chakras, and out the crown of the head, where it enters the auric field.

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