

# **Anodea Judith's Chakra Yoga By Anodea Judith**



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### **Anodea Judith's Chakra Yoga - Paper Plus**

This book is about how to focus your yoga practice on the chakras and how to sense your subtle energy using postures, breath-work, mantras,

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In this post I look at the newest book by Anodea Judith: Chakra Yoga.

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"Anodea's understanding and interpretation of the chakra system blew my mind and heart wide open and

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Anodea Judith's Chakra Yoga shows you how to focus on these sacred centers using specific postures, pranayama (breathing techniques), mantras, imagery,

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Anodea Judith, author of the #1 bestselling book on chakras, Wheels of Life, is offering In my opinion as a [yoga teacher and] therapist, Anodea is a master of

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