

CHAKRA YOGA



CROWN

- Headstand
- Tree Pose
- Lotus Pose
- Forearm Stand
- Backbend
- Rabbit Pose
- Corpse Pose



THIRD EYE

- Thunderbolt Pose
- Forward Bend
- Downward Dog
- Lotus Pose
- Cow Face Pose
- Head-to-Knee Pose
- Extended Child's Pose



THROAT

- Shoulder Stand
- Lion Pose
- Bridge Pose
- Plow Pose
- Cat Pose
- Cow Pose
- Fish Pose



HEART

- Standing Backbend
- Lord of The Dance
- Half Lord of The Fishes
- Cobra Pose
- Camel Pose
- Bow Pose
- Wheel Pose



SOLAR PLEXUS

- Crescent Pose
- Knees-to-Chest
- Downward Dog
- Triangle Pose
- Bow Pose
- Boat Pose
- Plank Pose



SACRAL

- Triangle Pose
- Forward Bend
- Goddess Pose
- Crescent Pose
- Bound Angle Pose
- Seated Forward Bend
- Reclined Thunderbolt



ROOT

- Chair Pose
- Thunderbolt Pose
- Garland Pose
- Mountain Pose
- Staff Pose
- Bridge Pose
- Warrior II Pose



Chakra Workout Balancing The Chakras With Yoga

Pasquale De Marco



Chakra Workout Balancing The Chakras With Yoga:

Chakra Workout Mary Horsley, 2006 Every day we look in the mirror and see less than half of our selves Chakra Workout helps you become aware of our other half This half is our subtle energies the aura and the spinning circles of energy known as the chakras which are vital to our physical mental emotional and spiritual balance This book teaches you about the 7 major and 21 minor chakras their associations the challenges they present and the areas of life they influence You will learn how to alter your outlook and chances for success by stimulating unblocking and rebalancing your chakras through aromatherapy massage and crystals The second section shows how to use yoga and meditation to work on your chakras and gain a greater understanding of yourself and others

Chakra Workout Mary Horsley, 2007 Do you want to feel more energetic Enhance creativity Develop greater confidence Increase sexuality Balancing the chakras energy centers throughout the body is the key to improving every aspect of your life Using visualization techniques yoga poses and meditation are just a few of the methods you ll learn that can put you on a path to greater bliss Book jacket

The Five Tibetans Yoga Workshop Susan Westbrook, 2014-06-23 The Five Tibetans helps the reader to facilitate their inner work with the powerful combination of the body strengthening daily practice of the legendary yoga like poses known as the 5 Tibetans along with spirit nourishing stories and metaphors born of seas rainbows and mountain vistas As you move through the pages and activities of the book you will discover for yourself the positive effects of performing the rites that have been touted as the ancient secret of the fountain of youth You will feel the sand beneath your feet follow a mountain river on its course and watch a rainbow dance on the horizon Susan Westbrook gently encourages you to look inward at what she refers to as the grasping behaviors that are not serving you the book will help you find the healing behaviours that can facilitate your healing and growth Regardless of age or circumstances The 5 Tibetans is a book for you for your body for your spirit and for your heart The Five Tibetan Rites is a yoga routine based on a ritual of exercises discovered in the early 1900 s by a British army colonel Colonel Bradford who was living in a Himalayan monastery They are practiced around the world and are said to prevent aging In 1939 Peter Kelder published The Original Five Tibetan Rites of Rejuvenation which helped spread the rites in the western world

Chakra Workout Mary Horsley, 2006

Simple Yoga Sutras & Yoga Workouts For Home - 4 In 1 Juliana Baldec, 2014-07-09 Red Hot New 5 Minute Path To True Purpose Passion Joy Happiness Simple YOga Sutras Everyday Meditation Techniques Quiet Your Mind Change Your Life 4 In 1 Box Set 4 In 1 Box Set Compilation Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness insight healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person Inside this amazing and exciting new book compilation of 4 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU Book 1 Daily Meditation Ritual Book 2 Daily Yoga Ritual Book 3 Turbaned Gurus Sing Song Matras Body Contortions Volume 3 Book 4 15 Amazing Yoga Ways To A Blissful Clean Body

Mind Volume 1 You will love discovering some new aspects of Yoga Meditation and the connection of Meditation Yoga that you might not have considered yet If you love Yoga and or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective Forget the old concept because there is no need to waist your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle empowering yourself or just living more for yourself with less stress and 100% happiness this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect Inside this Yoga Meditation lifestyle compilation you ll discover 5 Minute Per Day Yoga Routine The Yoga Meditation Connection The Basic Yoga Sutras For Beginners Yoga Poses For Busy People The Body Mind Connection Awesome Yoga Ways For Beginners Meditation Techniques For Happiness Health Inner Wealth much more The Complete Guide to Chakras and Auras With a Special Focus on the Third Eye J.D.

Rockefeller,2015-08-26 Are chronic diseases such as diabetes cardiovascular problems and joint pains troubling you Are anxiety depression and anger and other such emotions bringing you and your performance down Are you constantly on medications for digestion and respiratory issues If you answer yes to any of the above questions you are probably suffering from an imbalance of energy in your subtle non physical body So what is the subtle body In many spiritual traditions the subtle body is the sacred or the immortal body It never dies and when the physical body dies your subtle body merges into the universe It comprises of the intelligence mind and ego aspects that control the human physical body The terms aura and chakras refer to parts of your subtle plane of existence These are usually seen by the mind s eye and not your physical eyes Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical mental and emotional disorders in the physical world Mostly when people fail to heal their physical bodies with modern medicine the only solution is to turn towards healing the non physical subtle body Just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control your emotions are much balanced and you are spiritually more connected to the universe and your Higher Power Don t wait until you fall ill to begin taking care of your chakras and aura Take action now and start learning about chakras and the subtle body This comprehensive guide is perfect to get you started on this journey It will help you learn about what are chakras what the 7 main chakras are and how to strengthen your aura and radiate strong positive and healthy energy by opening or balancing your chakras You will also find a chakra test here that will help you find out which of your chakras is imbalanced There is also an exclusive section on the third eye for people interested in awakening it and promoting their intuitive and psychic abilities **The Seven**

Chakras: Transform Your Life Through the Seven Energy Centers Gaurav Garg,2024-08-29 Welcome to a transformative journey through the wisdom of the seven chakras In a world where the hustle of daily life often disconnects us from our inner selves this book serves as a beacon guiding you back to the core of your being and the infinite potential that

lies within As you embark on this exploration of energy healing and spiritual growth you ll discover how the ancient system of chakras can revolutionize your approach to modern living From the grounding energy of the Root Chakra to the transcendent awareness of the Crown Chakra each energy center holds the key to unlocking different aspects of your physical emotional and spiritual well being This comprehensive guide doesn t just explain the chakras it provides you with practical tools for balancing and healing each energy center You ll learn how to harness the power of meditation yoga crystal healing and essential oils to align your chakras and enhance your life force energy But this book goes beyond individual practices It s a holistic approach to mind body wellness showing you how to integrate chakra wisdom into every facet of your life From improving your relationships to discovering your life purpose from enhancing your physical health to accelerating your spiritual awakening the principles in this book offer a roadmap to a more balanced fulfilled existence Whether you re new to the concept of chakras or a seasoned practitioner looking to deepen your understanding you ll find valuable insights and techniques to support your journey We ll explore how chakra work can aid in stress relief boost your immune system and even help you tap into your intuitive abilities As you progress through these pages you ll not only gain knowledge but also embark on a personal odyssey of self discovery The exercises meditations and practices within are designed to empower you helping you release blockages increase your vibrational frequency and align with your highest self So open your mind and heart as we delve into the colorful vibrant world of the seven chakras Let this book be your companion in cultivating inner harmony unleashing your potential and transforming your life from the inside out The path to holistic wellness and spiritual enlightenment begins here with each turn of the page May your journey through the chakras be illuminating healing and profoundly transformative

Yoga Sustained Living: 4-Hour Yoga Workout Strength Training & Mindset Juliana Baldec, 2014-06-16 Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness insight healthy and productivity that even works for you if you only have 5 minutes Inside Yoga Sustained Living 4 Hour Yoga Workout Strength Training Mindset you will be discovering how to empower enrich your body and mind and become a more productive more successful YOU 4 In 1 Box Set Compilation Book 1 Daily Meditation Ritual Book 2 11 Advanced Yoga Poses You Wish You Knew Book 3 Zen Is Like You by Alecandra Baldec and Juliana Baldec Book 4 Daily Yoga Ritual Inside you ll find yoga workout for beginners techniques how to balance chakras techniques chakra balancing methods yoga chakras tips chakra healing sutras chakra meditation and yoga meditation connection techniques and lots more Forget the old concept because there is no need to waist your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle empowering yourself or just living more for yourself with less stress and 100% happiness this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation how both connect Inside this Yoga Meditation lifestyle compilation you ll discover 5 Minute Per Day Yoga Routine

The Yoga Meditation Connection The Basic Yoga Sutras For Beginners Yoga Poses For Busy People Instant 10 Minute Yoga Ritual So why aren't you already living the Yoga Meditation Lifestyle Imagine if there was a guide that showed you the secret insights and knowledge that the Yoga and Meditation gurus have been using to achieve anything in life This compilation shows you to live the most enriching empowering fulfilling and exciting life you could ever dream of Double your health happiness

The Harmonious Dancer: A Journey of Energy and Balance Pasquale De Marco, 2025-04-22 Embark on a transformational journey of self discovery and unlock the power of your chakras with The Harmonious Dancer A Journey of Energy and Balance This comprehensive guide invites you to explore the subtle energy centers within you empowering you to cultivate inner harmony heal your wounds and manifest your dreams Within these pages you'll discover the profound influence of the chakras on your physical mental emotional and spiritual well being Learn to identify and release energy blockages cultivate a state of inner balance and harness the power of your chakras to create a life of joy abundance and fulfillment Through a tapestry of insightful teachings practical exercises and guided meditations you'll embark on a transformative journey of self discovery You'll learn to listen to the wisdom of your body embrace the power of your emotions and connect with the limitless potential of your spirit As you delve into the world of chakras you'll discover a wealth of knowledge and tools that will empower you to live a life of greater harmony purpose and vitality Prepare to embark on a journey that will transform your relationship with yourself the world around you and the divine spark that resides within you The Harmonious Dancer is more than just a book it's a catalyst for personal growth and transformation With warmth and clarity this guide leads you on a journey of self discovery helping you to unlock your full potential and live a life of radiant health vitality and inner peace Step into the world of chakras and begin your journey to a life of harmony balance and fulfillment The Harmonious Dancer awaits you ready to guide you on a transformative adventure of self discovery and empowerment If you like this book write a review on Google Books

Visualize Yourself to Success: Harnessing the Power of Visualization and Aura Reading for Personal Growth Pasquale De Marco, 2025-07-25 Embark on a transformative journey of self discovery and personal growth with Visualize Yourself to Success Harnessing the Power of Visualization and Aura Reading This comprehensive guide is your key to unlocking your hidden potential attracting abundance and cultivating a life filled with purpose and meaning Delve into the realm of visualization and discover how to manifest your dreams set achievable goals and overcome obstacles that stand in your way Learn to create vivid mental images engage your senses and stay motivated to achieve your aspirations Connect to your inner wisdom through the power of aura reading Discover the significance of auras interpret colors and patterns and unlock a world of intuition and empathy Utilize aura reading for self understanding enhance relationships and gain a deeper connection to yourself and others Harness the principles of subliminal persuasion and self hypnosis to reprogram your subconscious mind break limiting beliefs and achieve profound self improvement Explore the realm of energy healing to balance your chakras heal emotional wounds

and promote physical and mental well being Cultivate mindfulness and spiritual growth as you embrace the present moment practice gratitude and connect with your higher self Honor your intuition and inner voice tapping into a wellspring of wisdom that will guide you towards making empowered decisions and navigating life with clarity and confidence Unleash the hidden potential of your mind through neuroplasticity and brain training Expand your cognitive abilities enhance memory and focus break through mental barriers and achieve peak performance Manifest abundance and prosperity by understanding the Law of Attraction creating a vision board removing blocks to abundance and practicing gratitude Define your life vision set intentions and goals cultivate self discipline and willpower face challenges with resilience and embrace your unique potential to achieve personal mastery With each chapter of Visualize Yourself to Success you ll delve deeper into the transformative power of visualization aura reading and other powerful techniques empowering you to create a life that aligns with your deepest desires and aspirations If you like this book write a review

Unlocking the Secrets of Astral Projection Sergio Rijo, Hey there Thanks for taking the time to check out my book *Unlocking the Secrets of Astral Projection Techniques for Successful Out of Body Experiences* As someone who has spent years exploring the world of astral projection I am excited to share my knowledge and insights with you Astral projection can be an incredibly transformative experience allowing you to explore the non physical realm and gain a deeper understanding of yourself and the universe around you But for many people achieving a successful out of body experience can be challenging That s why I wrote this book to provide a comprehensive guide to the techniques and practices that can help you achieve success in astral projection In this book you ll learn The basics of astral projection including what it is how it works and why it can be beneficial for personal growth and spiritual development Techniques and exercises for preparing your mind and body for astral projection including meditation visualization and energy work Methods for inducing an out of body experience such as the rope technique the lift technique and the phasing technique Tips for navigating the non physical realm including how to interact with other entities and explore different planes of existence Strategies for maintaining a regular astral projection practice including setting goals keeping a journal and connecting with other astral projectors Throughout the book you ll find practical exercises and techniques to try as well as troubleshooting tips for when things don t go as planned But this book is more than just a guide to astral projection it s a journey of self discovery and personal growth Through the practice of astral projection you can gain a deeper understanding of yourself and your place in the universe and work towards becoming the best version of yourself I believe that anyone can learn to astral project with practice and dedication and I am excited to share my knowledge and insights with you Whether you re a beginner or an experienced astral projector *Unlocking the Secrets of Astral Projection Techniques for Successful Out of Body Experiences* has something to offer So are you ready to explore the non physical realm and unlock the secrets of astral projection Let s dive in and start this incredible journey together

Beth Shaw's YogaFit-3rd Edition Shaw, Beth,2015-09-16 This highly acclaimed book now includes more than 800 full color photos and

extensive coverage of warm up and cool down sequences new poses incorporated into organized workouts a chapter on the therapeutic and restorative qualities of yoga and an expanded discussion on integrating meditation into daily life to foster a well rounded yoga practice *Advanced Yoga Practices - The AYP Plus Lessons* Yogani, The AYP Plus Lessons eBook is offered as a resource for off line study covering nearly 1 000 lessons and additions on practices and experiences Until now this large amount of instructional content has only been available through the AYP Plus online service Full Scope Yoga consisting of eight limbs opens the doorway between our outer and inner reality leading us to Abiding Peace Unity and Joy in all aspects of life The Advanced Yoga Practices AYP Lessons provide detailed instructions on how to open the doorway of our nervous system aiding us in unfolding our full potential and destiny in this life Deep Meditation Spinal Breathing Pranayama and Yoga Asanas form the foundation of daily practice in a short routine compatible with modern life with extensive refinements and many additional practices provided in the lessons as experience in human spiritual transformation advances over time Prudent Self Pacing of practices for comfort and safety is a core teaching throughout the lessons The AYP Lessons began in 2003 as an online resource Over the years the teachings have expanded to populate several websites more than 15 books and translations into more than a dozen languages The two original AYP Easy Lessons for Ecstatic Living books published in 2004 and 2010 cover nearly 500 lessons combined As the writings continued the AYP Plus online service was launched in 2015 eventually providing nearly 500 additions to the original lessons expanding and refining the teachings based on the questions and experiences of hundreds of practitioners Yogani is the author of ground breaking books on highly effective spiritual practices including the Advanced Yoga Practices lesson books the concise AYP Enlightenment Series books and The Secrets of Wilder spiritual adventure novel Over the years the AYP writings have been praised as one of the most comprehensive and accessible instructional resources on Full Scope Yoga See hundreds of testimonials in the back of the book With the publication of this large eBook the full teachings contained in the AYP Plus Lessons are being made available in book form for the first time *The Healing Radiance: A Path to Inner Peace and Harmony* Pasquale De Marco, 2025-07-20 In the tapestry of life where energy flows like an unseen river lies a hidden realm of power and potential the realm of chakras These energy centers swirling vortexes of consciousness are the gateways to our inner world connecting us to the universe s boundless wisdom and transformative potential Within this book embark on a journey to unveil the profound secrets of chakras exploring their profound influence on our physical emotional and spiritual well being Through the lens of ancient Eastern traditions and modern scientific discoveries discover the intricate workings of these energy centers uncovering their role in maintaining harmony balance and vitality As you navigate the chapters immerse yourself in the art of aligning and balancing your chakras unlocking the gateway to inner peace emotional healing and spiritual awakening Explore the transformative power of yoga meditation sound healing and visualization learning how to harness these practices to cultivate a harmonious flow of energy within Delve into the connection between chakras and your physical health understanding how

imbalances in these energy centers can manifest as various ailments and conditions Empower yourself with the knowledge to make conscious choices that promote holistic well being fostering a deep connection between your body mind and spirit Extend your exploration to the realm of relationships career and personal growth examining how chakras influence your interactions with others your professional endeavors and your overall life path Discover how cultivating a deep awareness of your chakras can guide you towards greater clarity purpose and fulfillment in all aspects of your life Ultimately this book is your guide to unlocking the radiant potential that lies at the core of your being As you delve into its pages embark on a journey of self discovery empowerment and profound healing transforming your life into a symphony of vitality harmony and interconnectedness If you like this book write a review

INTENSIVE COURSE IN MULTIDIMENSIONAL THERAPY Marcel Souza, Desbloqueie os segredos da cura multidimensional e do alinhamento espiritual com este guia abrangente O Curso Intensivo em Terapia Multidimensional apresenta aos leitores o fascinante mundo das terapias energéticas e vibracionais fornecendo ferramentas para acessar dimensões superiores e curar al m do reino físico Desde a compreensão das grades energéticas do universo at a exploração de contratos pessoais de alma e impressões c rnicas este livro o equipa com o conhecimento para facilitar a cura e transforma o profundas em si mesmo e nos outros Este curso projetado para ser prático e te rico oferecendo instru es passo a passo para a realiza o de sess es de terapia multidimensional Voc aprender t cnicas essenciais incluindo como se conectar com energias vibracionais mais altas canalizar mensagens de guias espirituais e identificar bloqueios no campo de energia Se voc um curandeiro experiente ou est apenas come ando sua jornada o livro fornece uma orienta o clara para aprofundar sua pr tica e fortalecer suas habilidades intuitivas O que diferencia este livro o seu foco no crescimento pessoal e no despertar espiritual Ao se envolver nas pr ticas descritas neste curso voc n o apenas aumentar sua capacidade de ajudar os outros mas tamb m experimentar profundas mudan as em sua pr pria jornada espiritual O livro encoraja voc a explorar o seu eu superior liberar padr es limitantes e alcan ar maior harmonia em sua vida Cada cap tulo preenchido com estudos de caso da vida real exerc cios meditativos e dicas pr ticas para ajud lo a dominar as t cnicas no seu pr prio ritmo Perfeito para trabalhadores de energia terapeutas e buscadores espirituais o Curso Intensivo em Terapia Multidimensional fornece uma porta de entrada para os reinos mais elevados de cura e compreens o Se voc pretende expandir sua pr tica ou embarcar em um novo caminho este livro um recurso transformador que abre as portas para as possibilidades ilimitadas de consci ncia multidimensional Prepare se para entrar em uma nova dimens o de cura e evolu o espiritual com este guia essencial

Soul Manifesto: A 49 day Journey to Great Healing, Health & Happiness Sade' E. Moore, 2019-03-10 Soul Manifesto is a physiological 49 day journey that guides readers on their quest to healing health and happiness Using yoga and the seven tier chakra system infused with daily non fictional narratives exercise activities cooking recipes affirmations and more Soul Manifesto inspires readers to courageously breakthrough trauma and fear to manifest their magnificence

Yoga Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so

without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest

Pranoyugam Ar. K. Shivkumar,2024-03-29 What are the Vedic Mantras for the 7 days of the week How to perform HAVAN HOMA the ancient fire ritual as per Vedic system What are the Spiritual Laws that govern each of the 7 Energy Chakras How to Plan Schedule and Monitor Yogasanas Pranayamas as per one s own convenience What are the Yogic asanas to prevent and control Lifestyle Disorders PUSHPANJALI directs us toward the path of Spiritualism through VOM SHASTRA Vedic Omkaar Mantra It gives us an overview of the Spiritual Initiation process and leads us through the recitation of One liner Vedic Customary Mantras which raises our internal vibration and influences us positively along with the external natural environment in our routine modern LIFESTYLE amidst all of our busy schedule in order to keep a calm and peace full mental balance 24X7 DHAYANAM introduces us about the circumambient AURA of our body temple through the 7 Chakras and its Energy Balancing Techniques leading us to the Self realization experience Each of the seven chakras is governed by spiritual laws and rules of consciousness that we employ to nurture more harmony happiness and wellbeing in our lives and in the world PRANAYOGAM is the chapter that discusses the OPTIMAL actions that should be taken on a regular basis to maintain one s health and fitness including YOGASANA PRANAYAMA SITHLIKARAN and SURYANAMASKARAM YOGIC KRIYAS It is written on a single page in a tabular format with graphics instructing the critical procedure and directions A functional combination TIMETABLE has been designed to assist you in maintaining your daily exercise regimen depending on your preferred category selection and available time schedule A flow chart demonstrates the improvements and changes that can be sensed and experienced after implementing these Yogic Kriyas into one s daily routine

Yoga Beyond Fitness Thomas Pilarzyk (Ph. D., RYT.),2008-10-01 This timely story of America s love affair with yoga explores why yoga is so popular and argues that something essential is being lost as this five thousand year old spiritual practice has become a pop culture fitness phenomenon Original

Arcturian Portal Cosmic Healing System Max Stone,2024-05-24 Arcturian Portal Cosmic Healing System is the indispensable masterpiece for all who seek to transcend the conventional limits of health and well being Written by Max Stone this book reveals the secrets of an ancient civilization of light the Arcturians known for their advanced spiritual technologies and energetic healing practices Dive into a reading that connects the physical to the spiritual and transforms healing into a soul journey In this book you will find an innovative approach to integral health Arcturian Portal explores techniques such as distance healing guided meditation and the integration of holistic medicine combining them with the spiritual teachings of the Arcturians Each chapter is a key that

unlocks the power of cosmic energy to heal balance and elevate your state of well being Max Stone shares with clarity and depth the practices he learned through his connections with the Arcturians Discover how to use high frequency crystals advanced visualization techniques and pranic breathing to access a state of harmony and balance This book is not just a guide it is an invitation to connect with a universal force that is always present and available to all Are you prepared to challenge your beliefs about health and well being Arcturian Portal Cosmic Healing System is perfect for healers energy practitioners and all those seeking a holistic and transformative approach to life Learn to channel Arcturian energy to promote the complete regeneration of body mind and spirit and discover how these practices can be combined with traditional therapies to create an effective and comprehensive approach to health This book offers more than just healing techniques It provides an insight into how to achieve spiritual ascension and energetic balance bringing forth the wisdom and compassion of the Arcturians The practices described are accessible to all who are ready to receive and work with cosmic energy Arcturian Portal Cosmic Healing System is an essential resource for those wishing to explore the depth of spiritual and energetic healing Prepare for a transformative journey that will challenge and expand your understanding of health and well being Start your adventure now towards a state of integral balance and fulfillment

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Chakra Workout Balancing The Chakras With Yoga Introduction

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