



Healthy Living: The Chakra Energy Plan: The Practical 7-step Program to Energize and Revitalize

Anna Selby

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We are becoming increasingly aware that energy is the root of all life and that if its flow is blocked, reduced or thrown out of balance we become ill, whether on a physical, emotional or spiritual level. Accessible and inspiring to readers of all levels, "The Chakra Energy Plan" is packed with easy to follow advise and exercises to keep your chakras flowing freely - using yoga, tai chi, breathing techniques, meditation and visualisation you learn how to develop and balance each chakra, whilst the concluding chapter shows you how to work with all seven to achieve perfect balance health and harmony.



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