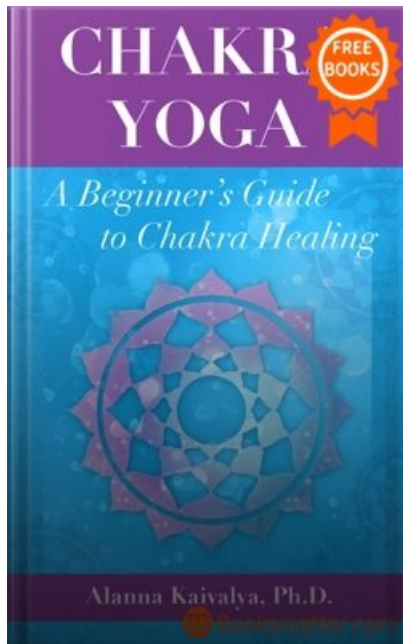


Chakra Yoga: A Beginner's Guide to Chakra Healing

CHAKRA YOGA: A BEGINNER'S GUIDE TO CHAKRA HEALING EBOOK AUTHOR BY ALANNA KAIVALYA



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Format: PDF, ePub, Kindle, Audiobook

Size: 836.05 KB

Genre: Health & Fitness

Summary

Chakra Yoga is the definitive guide to healing through the chakras. Within this book are all the key concepts and tools you need to understand the seven chakras and balance them through a yoga practice. Each chakra is fully explained, and features a unique practice that heals and balances that energy center on every level: body, mind and soul.

While the chakras are energy centers, they are all easy to feel and access through yoga. With the right tools, you connect with your chakras on an energetic and emotional level, using the specific yoga practices outlined in this book to bring a new level of healing and resolution to each one. When all chakras are balanced, you experience wellness and integration on a level you have always wanted for yourself!

Alanna Kaivalya, Ph.D., is an expert on yoga and psychology, and offers her extensive wisdom on the topic in a practical, accessible and easy-to-understand way. Become a master of the seven chakras, and find a new level of health and wellbeing through the ancient practice of yoga!

[Chakra Yoga: A Beginner's Guide To Chakra Healing eBook - Free to Join](#)

eBook ID: Ch-efd11b85e | Author: Alanna Kaivalya

Others book from Alanna Kaivalya

[ASTROLOGY 101: DECODING YOUR ENERGETIC SIGNATURE](#)

Summary Chakra Yoga: A Beginner's Guide to Chakra Healing Book



Astrology 101 is a course in basic astrology for the curious alchemist. If you have ever dabbled in astrology, asked someone about their sign or wanted to know how to understand your astrological blueprint, this book is for you!

You learn how to plot your own natal chart, the energetic signatures of the zodiac signs and how to apply them to your big three: your sun, moon and rising signs. This gives you the power to unlock your astrological blueprint and take the power of ...

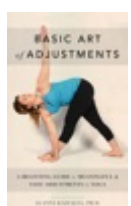
[THE ART OF ADJUSTMENTS](#)



From the world renowned teacher of yoga teachers and author of *Myths of the Asanas: The Stories at the Heart of the Yoga Tradition* and *Sacred Sound: Discovering the Myth & Meaning of Mantra & Kirtan* comes this practical and extraordinarily useful guidebook to giving safe hands-on adjustments for everybody, every yoga class, and every yoga teacher.

Are you ready to give your students a reason to never stop coming back? Alanna...

[BASIC ART OF ADJUSTMENTS: A BEGINNING GUIDE TO MEANINGFUL & SAFE ADJUSTMENTS IN YOGA](#)



From Alanna Kaivalya, renowned teacher of yoga teachers and author of *Yoga Beyond the Mat*, *Myths of the Asanas* and *Sacred Sound*, comes this useful, practical and extraordinarily insightful guide to hands-on adjustments in yoga class.

Whether you are a teacher who wants to give students a reason to come back, or a student looking to deepen your experience of yoga, this guide gives you the toolkit you need. Alanna Kaivalya provides you with techniques, concepts ...

[SACRED SOUND](#)



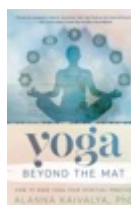
What has made Alanna Kaivalya so popular is her ability to bring storytelling to the understanding of the myths behind much of yoga practice. It is this practical and lively storytelling that both engages the reader and allows them a deeper understanding of their practice and its meaning in their lives. This was what made her first book so popular and it is this that she will bring to her new book. The first part of the book will contain all the mantras, and the second part will contain all the...

[MYTHS OF THE ASANAS](#)



Practitioners around the world reap the physical benefits of yoga, assuming poses and frequently calling them by their Sanskrit names. While many know that *hanumanasana* is named for the deity Hanuman, few understand why this is the case. Behind each asana and its corresponding movements is an ancient story about a god, sage, or sacred animal, much like Aesop's fables or European folktales. *Myths of the Asanas* is the first book to collect and retell these ...

[YOGA BEYOND THE MAT](#)



While many engage in asana, the physical practice, yoga's most transformative effects are found in the realms of the spiritual and psychological. *Yoga Beyond the Mat* shows you how to develop a personal, holistic yoga practice to achieve lasting and permanent transformation. Join Alanna Kaivalya as she guides you through a complete range of topics, including
Removing Obstacles Appreciating the Present Moment Balancing the Chakras Healing Childhood Wounds
Creating Your Own Rituals ...

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