



Chakras for Beginners: The Ultimate Guide to Chakra Healing! Learn How to Balance Chakras, Meditate, Strengthen Aura, and Radiate Energy (Reiki, Yoga, Chakra Balancing, Healing, and Meditation)

Isabella Main

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The book, Chakras for Beginners, is a beginner's guide to the chakras. It is the ultimate guide to chakra healing. It will introduce readers to the chakras, make them understand what the chakras are, where they are located and their roles in our bodies and life. The book will further enlighten the reader about the various chakras and how they can be able to open, heal and balance the chakras to bring about a well nurtured holistic body. The book will introduce the reader to the various yoga exercises they can indulge in to bring the balance required in the body and chakras and further guide them through a meditation sequence for the same. The book will cover the following topics:-

The seven chakras

Chakra balance

Importance of balancing chakras

Healing and balancing the chakras

Meditation for the chakras: seven meditation exercises for a balanced chakra system

Yoga for the chakras: seven yoga exercises for a balanced chakra system

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Annie Smith:

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Neil Dussault:

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