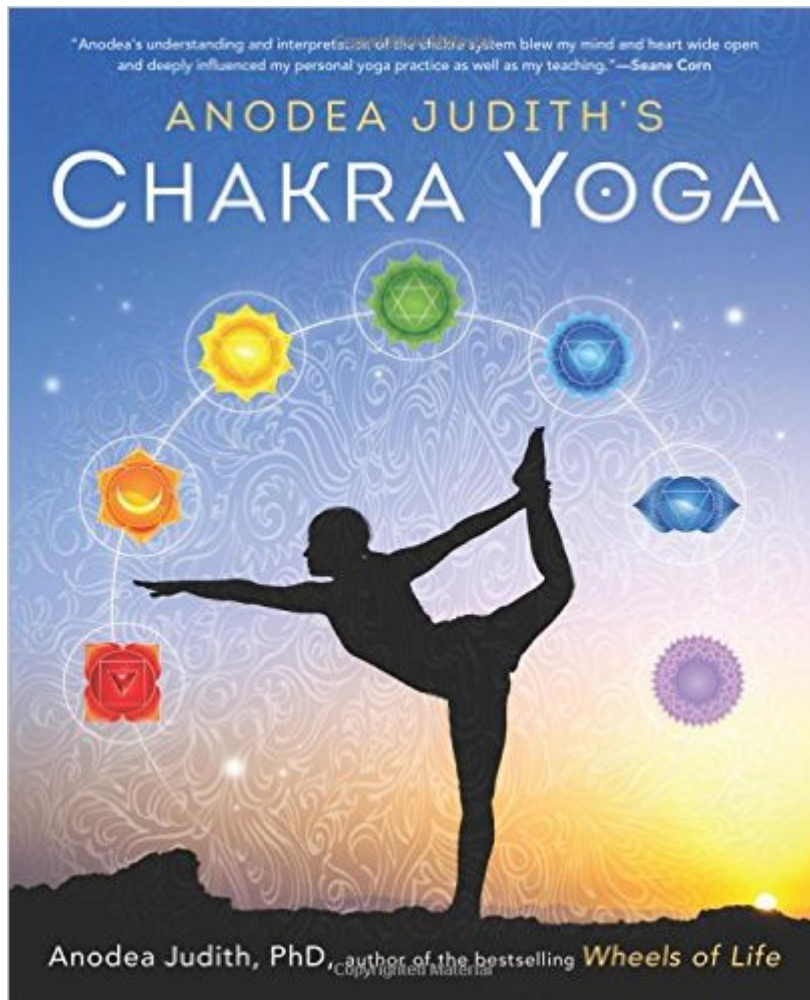


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# Anodea Judith's Chakra Yoga



## Synopsis

As the architecture of the soul, the chakra system is the yoke of yoga—the means whereby mind and body, heaven and earth, and spirit and matter are joined together in the divine union that is the true meaning of yoga. In this long-awaited book by acclaimed chakra expert Anodea Judith, you will learn how to use yoga's principles and practices to awaken the subtle body of energy and connect with your highest source. Using seven vital keys to unlock your inner temple, you will be guided through practices that open and activate each chakra through postures, bioenergetic exercises, breathing practices, mantras, guided meditation, and yoga philosophy. With beautiful step-by-step photographs for each of the poses, along with guidelines for deeper alignment and activation of the energy body, this book is a valuable resource for teachers and students alike.

Praise: "Anodea Judith's Chakra Yoga is a wonderful companion to her decades of books and teachings. Providing exploration through yogic methods for liberating, transforming, and balancing our energetic body and life, it is a gift to the world." —Shiva Rea, founder of Prana Vinyasa and author of *Tending the Heart Fire* "For decades, I have been waiting, wishing, longing for such a book as Anodea Judith's Chakra Yoga. As always with Anodea, the book is exquisitely presented, deep, practical, inspiring, easy to follow, contemporary. A MUST HAVE.

Enjoy the ride!" —Margot Anand, author of *The Art of Everyday Ecstasy*

## Book Information

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## Customer Reviews

Psychologist and yogin Anodea Judith is an amazing resource when it comes to the chakra system.

Her first book, *Wheels of Life: A User-Friendly's Guide to the Chakra System*, has become a yoga classic. Now she has released a book specific to hatha yoga practice using the chakras. This is a great resource for individuals who may wish to focus their practice on a specific chakra, as well as a manual for teachers who wish to lead a chakra yoga practice. Chakra Yoga can be used by novices who would like to learn about the chakras, experienced practitioners looking for ideas or perspective, and everyone in between. To put everyone on the same page, Judith gives a concise and thorough explanation of the chakras. Judith gives a short introduction, where she introduces the reader to her personal and professional experience with chakras. She then places the chakras into the context of yoga (some may have encountered chakras at the new age store and not know their yogic origins). Yoga means *to yoke*, or hitch two things together and Judith says, *the chakra system is the architecture of that yoke, providing a comprehensive map to the way the mortal and the Divine yoke together.* The goal of the chakra, yoga, and LifeForce Yoga is wholeness and integration. The chakra system *provides both a ladder for liberation and a map for manifestation.* Understanding our chakras and integrating this knowledge into our practices, allows us to have a deeper experience of focus and unfolding. Each chapter is devoted to a specific chakra and begins with a chart of the basic principles of that chakra. These principles include things like associated element, body parts, practices, actions, deficiencies, balances, etc. Judith identifies a keyword for each chakra, which is elaborated upon in the discussion of basic concepts that follows. As an example, the keyword for Manipura, third chakra, is *activate*, through the cultivation of fire (agni) in the body. This concept of activation through fire is put into context with a discussion of the underlying yogic philosophy with sources from the Yoga Sutras of Patanjali and the Bhagavad Gita. The author then grounds this discussion into an experience, pelvic pulsing for the second chakra, uddiyana bandha (energy lock) for the third chakra, etc. The energy practice is followed by a meditative experience, a subtle energy exploration of the chakra. The chapter continues with a yoga posture flow. Judith states in the introduction that there is no substitute for a skilled teacher and since this is not a comprehensive yoga pose manual, she has made some wonderful adjustments. Postures have a basic set of step by step instructions and readers are asked to follow them in order without omission. Guidelines are given for further instruction, as well as benefits and cautions. At the end of the chapter, a posture flow is given with the names of the poses and a small photograph. The selection of which postures to include is not easy as postures influence more than one chakra at a time, or variations of the same pose, or a shift in focus, may impact a different chakra. For this reason, Judith states, *some of the basic poses will appear in more than one chakra.* Of special note: the author provides a four pose

partner yoga sequence in the heart chakra chapter. Judith provides a specific relaxation and focus for each chakra. For example, the focus of relaxation for the fifth chakra (visshudha at the throat) is on listening to the subtle variations coursing throughout the whole body. The relaxation focus for the first chakra (muladhara at the base of the spine) is on feeling the solidity of the body and receiving nourishment from the earth. Judith is adept at writing about complex concepts from yoga philosophy so that they are easy to understand and yet lose none of their richness. Chakra Yoga contains ample opportunities to experience energy, movement, and stillness. It belongs on the shelf of every yoga/chakra enthusiast.

Anodea Judith has created another masterpiece! This is the motherload of Chakra Yoga poses and information, the visual and directional book we all have been waiting for. It is Beautiful, Clear, Concise and Easy to follow, a true Chakra Bible and must have for your journey.

This is the best book on yoga, not only the poses but the philosophy of our incredible body. Love the way she languages yoga and explains the Chakra's and their purpose. I use it in the recover group. They love hearing how the body works, very important for addicts of any addiction.

This book is such a great resource, as a yoga teacher I have referred to the information provided many times. I am creating sequences for my students that are even more dynamic, Anodea's knowledge of the Chakra system and her explanation of yoga poses that speak to those areas is so helpful. I too am benefiting, my personal practice is unfolding with a grounded confidence that feels amazing. Thank you Anodea Judith for another beautifully written and informative book.

Wow! There may be other yoga books, but not like this one! The detailed instructions and color photographs create such a seamless process that the experience just flows off the page into the reader. And the underlying principles and philosophy are brought to life with a wisdom and a depth that invites a personal application that is both timely and timeless. Well done! Thank you!

I was pleasantly surprised by this book. I've been an energy worker for many years so I wasn't expecting anything new, but there was! I love soaking up the new info and seeing how someone else interprets the energy.

Beautiful book! It's colorful and well designed. Each chakra has it's own chapter and there are

colored numbers on the sides of the pages so you can quickly and easily identify the chakra associated with that section. Great photos and easy to follow directions for the yoga postures. My one complaint is that the pronunciation guide she gives for the seed mantra sound for each chakra is completely different than what I've read everywhere else.

What a wonderful book. Anodea does a wonderful job describing each pose and different things you can focus on in each asana that allows you to dig deeper and experience each pose more fully. The sequences she has put together for each chakra are powerful. The photography is fantastic. I appreciate that she has a section in which she fully describes each asana but then also has a section where she just has the photos of the poses for when you've gained familiarity with the sequence. I am happy breathing exercises are covered, too, and not just the physical poses. It's been my go to book for my home practice ever since I ordered it months ago.

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