



The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras

By Anodea Judith

Crossing Press. Paperback. Condition: New. 304 pages. Dimensions: 9.9in. x 8.5in. x 0.8in.Combining yoga, psychotherapy, movement, and ritual, the authors weave ancient and modern wisdom into a powerful tapestry of techniques for facilitating personal growth, healing, and transformation. Based on their popular Nine-Month Chakra workshops, THE SEVENFOLD JOURNEY provides a step-by-step approach to healing and balancing ones life using contemporary psychotherapeutic techniques, yoga, bioenergetics, journal exercises, meditation, dance, and ritual. Visit the home pages of Anodea: http: sacredcenters. com and Selene: http: spiritmoving. com This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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