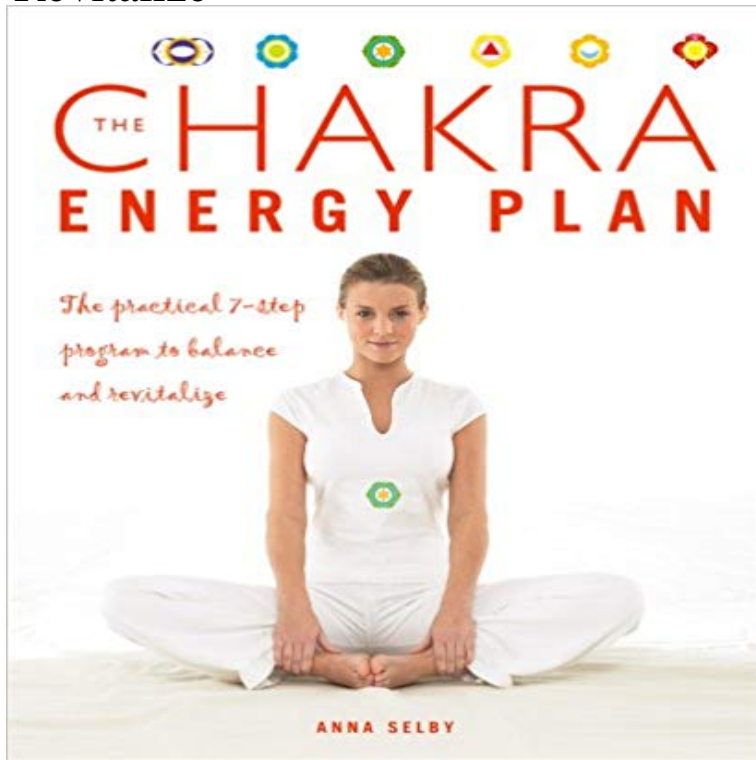


The Chakra Energy Plan: The Practical 7-Step Program to Balance and Revitalize



Energy is the basis of all life, and when a flow is blocked, reduced, or simply thrown out of balance, we become ill. Therefore, keeping our chakras or energy vortexes open is essential for vitality and well-being. Internationally renowned healer Anna Selby offers a restorative plan for working with the chakras, showing which ones relate to the different body parts and how they'll affect you when they're out of tune. One by one, she goes through the root, sacral, solar plexus, heart, throat, brow, and crown, presenting simple yoga exercises designed to redress any problems and imbalances. Each pose is shown in multiple photographs, with careful, comprehensive guidance on posture and positioning. A final section puts it all together with moves that use all seven chakras at once.

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