



## The Chakra Bible

### The Definitive Guide to Working with Chakras

Chakras are the centers of subtle energy in our bodies that can affect our health and well-being. In this colorfully illustrated guide, you'll learn about the seven main chakras and how to bring them into balance. Use of reflexology, aromatherapy, reiki, yoga, and other self-healing techniques can positively impact these energy centers.

(9781402752247)

Language: en

Pages(s): 406

Publisher(s): [Sterling Publishing Company](http://SterlingPublishingCompany.com)

[Patricia Mercier](http://PatriciaMercier.com)

*published: 2007*

*pages: 406*

*language: en*

