



# Anodea Judith's Chakra Yoga

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## **Anodea Judith's Chakra Yoga** Anodea Judith

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*

## **Anodea Judith's Chakra Yoga Details**

Date : Published September 8th 2015 by Llewellyn Publications (first published September 1st 2015)

ISBN : 9780738744445

Author : Anodea Judith

Format : Paperback 480 pages

Genre : Nonfiction, Spirituality, Health

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## **From Reader Review Anodea Judith's Chakra Yoga for online ebook**

### **Irina Diyankova says**

This is very informative book that translates and popularizes the concept of chakras and ways to evaluate and correct energy imbalances.

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### **Cheyenne says**

Interesting book about chakra yoga. The only downside is that I disagree with some alignment cues given by the author in some of the asanas.

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### **Kris says**

Excellent book on yoga asanas and the chakras in practice. Many illustrations. Interesting read.

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### **Tameeka says**

Great book for a novice instructor like me! It helped to see asanas for each chakra. Great breakdown of the chakras and how to keep them balanced. Helpful photos and descriptions to walk you through each asana.

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### **Jennifer Pittam says**

I so much enjoyed this book.

I have been practising yoga from the age of 14, so I'm not a beginner. However, I've suffered from arthritis, an inherited condition in my case, for even longer - that's why I first tried yoga all those decades ago.

Judith Anodea explains that she developed her extraordinary practice because her own health condition made it challenging to participate in those yoga classes at the gym, in which it's more like a competition with the sculpted neighbour on the next mat. Proper yoga schools don't allow this sort of thing, or at least that's the theory. Practising from Anodea's book was like a breath of fresh air, as she explained about moving into the pose in your own time, and feeling it take residence in your body, rather than you forcing the issue.

I haven't owned this book long enough to comment on its value long term - I'd like to try out the seven-week plan and see what that does for me. However, the exercises, asanas and other material on the root chakra have made a real difference in my life after just a few weeks.

For excellent writing, spelling, grammar, understanding of yoga at many levels ~ it's a five star from me.

### **Jenni Schell says**

This book was packed full of information. I loved it. It is a perfect book for the yoga lover.

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### **Dawn says**

If you are looking for a book that walks you through chakras in the yoga asana practice I would recommend this one. I loved the print version of the book with the glossy pages and the beautiful picture, but I decided to purchase the kindle version and for the most part the book is well laid out with just a few challenges but the text is clear and the pictures are still lovely.

The book is easy to read and easy to navigate as a reference tool or you can read it through like a novel. A wonderful tool for yogis and energy practitioners alike.

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### **Analouise Keating says**

If I could give this book six stars, I would give it six stars. An expert on chakras and a long-time yoga practitioner, Anodea Judith brings her considerable wisdom to this book, offering easy-to-follow instructions for how to use yoga to engage the chakras. Highly recommended.

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### **Sarah says**

7 months later + I've finally finished this book! It's amazing what reading a book for months does for your brain. While it feels like I may have forgotten some key aspects of earlier chakras, the all-knowingness of the final chakra encompasses previous reading time. I love the poses associated with Judith's text, though don't personally resonate with all of them. I think that's an important takeaway, that these sequences are essential to the foundation of the relationship between chakra/movement, but that your interpretation of the poses can also be just as beneficial. Obviously there are poses that share body space with each chakra, but I believe they are open to interpretation. Useful book throughout our training! Weird that we're about to graduate.

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### **Britthebohemian says**

I didn't have much knowledge about yoga or chakras BUT this is all I need whenever I need guidance. Thank you.

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### **Cherie says**

A Really excellent overview of the chakras, what they are, and how to use yoga with them.

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### **Isabel says**

despite the physical weight of this tome (over 2.5 lbs which makes it difficult for me to maintain for any length of time..... this is absolutely the best book of this topic written by the master of the topic. It is a beautifully executed book that I will study for a good long time to come.

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### **Lia Hulit says**

Super helpful, liked the way she organized poses by chakras, fun to read. Also nice queuing and explanation for each pose.

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### **Annie says**

While parts of this book are just a tad too woo woo for me, still really liked it. Especially loved overview before each Chakra section and color coded taps. Good yoga sequences for each area.

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