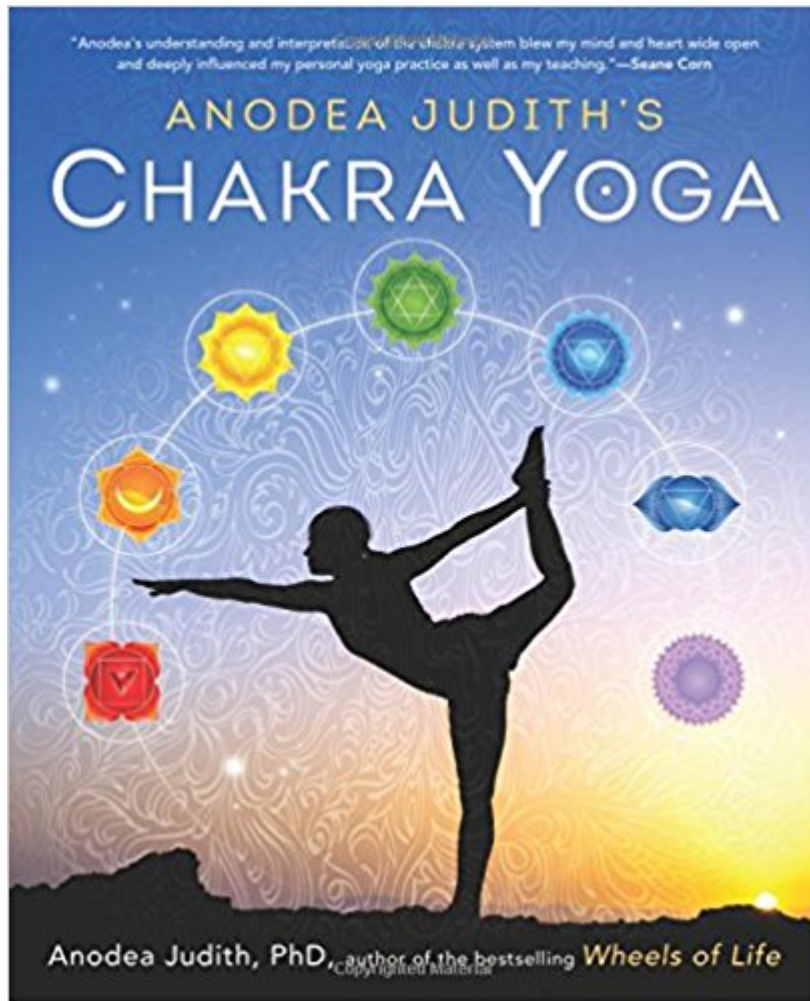




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Anodea Judith's Chakra Yoga



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

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Customer Reviews

Anodea Judith, PhD is the founder and director of Sacred Centers, and a groundbreaking thinker,

writer, and spiritual teacher. Her passion for the realization of untapped human potential matches her concern for humanity's impending crises—her fervent wish is that we "wake up in time." She holds Masters and Doctoral degrees in Psychology and Human Health, with lifelong studies of alternative medicine, yoga, mythology, history, sociology, systems theory, and mystic spirituality. She is considered one of the country's foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the Chakra System for the Western lifestyle. She spends much of her time on the road teaching, with workshops and trainings offered across the US, Europe, and Central America.

This is a great book for developing a Chakra based yoga practice. I have used it to plan parts of classes and whole classes around each Chakra or general tune in. It's clearly written and a good book for the beginner and more experienced teacher or for personal practice. Highly recommend it.

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 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.

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.

What a great book! I have other Anodea Judith's books and this one is super great like her other

ones. It guides you through poses that will work each chakra and she goes into great detail about how to do each pose. This book is great for the beginner of yoga or advanced yogi.

Best book on the Chakra Yoga concept thus far. The book itself is glossy with lots of demonstrative pictures so it's quite engaging and pleasant to read.

Anodea Judith's way of describing the poses is so perfect. I have been able to reach a more satisfying place in many of my poses due to her clear instruction. I would highly recommend this to anyone who practices yoga for any reason. For those more interested in the energy/chakra aspects, I would also recommend her book *Wheels of Life* as an accompaniment to this one.

The book itself seems nice, well laid out, good poses and info. However there are many, many places where text is missing due to poor editing/publishing. Even the table of contents are missing big chunks of text. I would suggest finding a more professionally published book for the price.

Great book as all of Anodea Judith's are. Still will never top *Eastern Body Western Mind* though.

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