



Thorsons Way of Chakras

By Caroline Shola Arewa

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Thorsons Way of Chakras, Caroline Shola Arewa, Following on from First Directions . this new series provides a more in-depth, sophisticated introduction. An in depth look at chakras. The term chakra comes from the Sanskrit word for 'wheel'. They are centres of energy and part of a greater network of subtle energies that pervade the body. The chakras will be placed in a cross-cultural, historical context, showing how knowledge of the chakras can be found in ancient spiritual traditions the world over. The reader will be introduced to a variety of practical exercises. These will include visualizations, meditations, breath awareness and specific postures, all designed to encourage practice and direct experience of the chakras.



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