



# The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras

*Anodea Judith, Selene Vega*

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Combining yoga, psychotherapy, movement, and ritual, the authors weave ancient and modern wisdom into a powerful tapestry of techniques for facilitating personal growth, healing, and transformation. Based on their popular Nine-Month Chakra workshops, THE SEVENFOLD JOURNEY provides a step-by-step approach to healing and balancing one's life using contemporary psychotherapeutic techniques, yoga, bioenergetics, journal exercises, meditation, dance, and ritual.

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