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Anodea judith - wikipedia

Anodea Judith is an American author, therapist, and public speaker on the chakra system, bodymind (body/mind integration), somatic therapy, and yoga. Judith

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Anodea Judith, PhD, is a leading authority on the chakra system and best-selling author of Wheels of Life and Anodea Judith's Chakra Yoga.

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Showing readers how to focus yoga practice on the chakras and how to sense subtle energy using postures, breath-work, mantras, imagery

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