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**The Sevenfold Journey Reclaiming Mind**

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## **Writing - SpiritMoving**

The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras goes into exclusive depth on how combining yoga, bioenergetics, journaling, dance, meditation, movement, ritual, and even psychotherapy with chakra healing can open up and create incredibly powerful transformative healing experiences.

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Anodea Judith and Selene Vega We are meeting on Zoom until we are able to meet in person again. This is a systematic workbook for addressing material in each chakra through a multi-disciplined approach.

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