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The Sevenfold Journey Reclaiming Mind

The Sevenfold Journey: Reclaiming Mind,
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Paperback – April 1, 1993. by. Anodea
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Combining yoga, psychotherapy,
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The Sevenfold Journey is based on classes taught by Anodea Judith and Selene Vega. It is an internal journey, through the chakra system, that opens any and all doors that the practitioner allows it to. This is a workbook for better living - if the principles found here are applied, transformation will occur!

The Sevenfold Journey

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The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras goes into exclusive depth on how combining yoga, bioenergetics,

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