



# **Chakra: Reference to Go: 50 Cards for Promoting Spiritual and Physical Health (Relax and Rejuvenate)**

*Olivia H. Miller*

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Eastern cultures have long attributed well-being to the balancing of one's chakras—or vital energy centers within the body—through yoga, meditation, and breathing exercises. This ebook, by the author of the best-selling *Yoga Deck*, introduces the seven major chakras—Root, Sacral, Navel Solar Plexus, Heart, Throat, Third Eye, and Crown. Learn how they affect your overall state of being and how to balance chakras that have become blocked or overloaded.

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