



Chakra Workout: For Body, Mind, and Spirit

Jane Jones, Juliana Blawyn, Elrond Blawyn, Sophia Blawyn

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Simple dynamic movements and controlled breathing. They don't sound like much, but they actually are clear, effective, fast techniques that will recharge your physical and psychic energy. You can learn these techniques in Blawyn and Jones' Chakra Workout (previously titled Energize!).

In this inspiring, clearly written book, you will find several basic techniques that will teach you how to build and direct your personal energy. They will allow you to become more in tune with all aspects of your being. All you will need to do is practice these simple techniques for just a few minutes each day. They will quickly heighten your mental clarity and physical energy.

One of the systems you will learn is that of the T'ai Chi Ruler. Although similar to T'ai Chi Chuan, it requires less space and takes less time. It uses a stick that is just short of a foot long. As you do the movements of this exercise, synchronized with the breath, you are drawing chi up through the chakras of your feet, along the meridians of your legs, and up through your body, then down the arms and out the hands. The motions are clearly illustrated and explained. It can be done standing, sitting or even lying down.

This is just one system. Chakra Workout presents movement systems from Chinese, East Indian, Middle Eastern, and Native American traditions. They will help you find your most effective path to increase your chi. You will discover that these exercises are neither arduous nor boring, and can result in an energized, rejuvenated you. Get this book and start practicing these techniques now.

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