



The Book of Chakras & Subtle Bodies: Gateways to Supreme Consciousness

Stephen Sturgess

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Escape the humdrum of daily life and reawaken your true essential Self with Stephen Sturgess' sensational Yoga and meditation techniques. Learn about fascinating subtle bodies, chakras, nadis, and kundalini with the in-depth section on Yoga philosophy, then follow Stephen's variety of practices and techniques for removing any obstacles that may be standing in the way of you uniting with your true nature. The book includes a wealth of Hatha Yoga techniques using asanas, mudras, bandhas, pranayama, and kriya purification, as well as Raja and kriya Yoga techniques – mantras, concentration and meditation.

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