



EL PEQUEÑO LIBRO DE LOS CHAKRAS Equilibra tus centros energéticos para tener más salud

By Mercier, Patricia

GAIA, 2017. Condition: Nuevo. Todo lo que necesitas saber para nutrir tu energía vital y cultivar tu bienestar. Los chakras son unos vibrantes centros energéticos situados en el cuerpo sutil a través de los cuales fluye la fuerza vital. Este libro, hermosamente ilustrado, te ayudará a activar estos vórtices de poder espiritual para mejorar así tu salud corporal, equilibrar tus energías y resolver aquellos problemas físicos, emocionales y espirituales que pudieran estar afectándote negativamente. Gracias a las detalladas descripciones de cada chakra y a los sencillos ejercicios y actividades incluidos en cada capítulo, aprenderás a trabajar con estos poderosos centros para desarrollar todo tu potencial como ser humano.

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