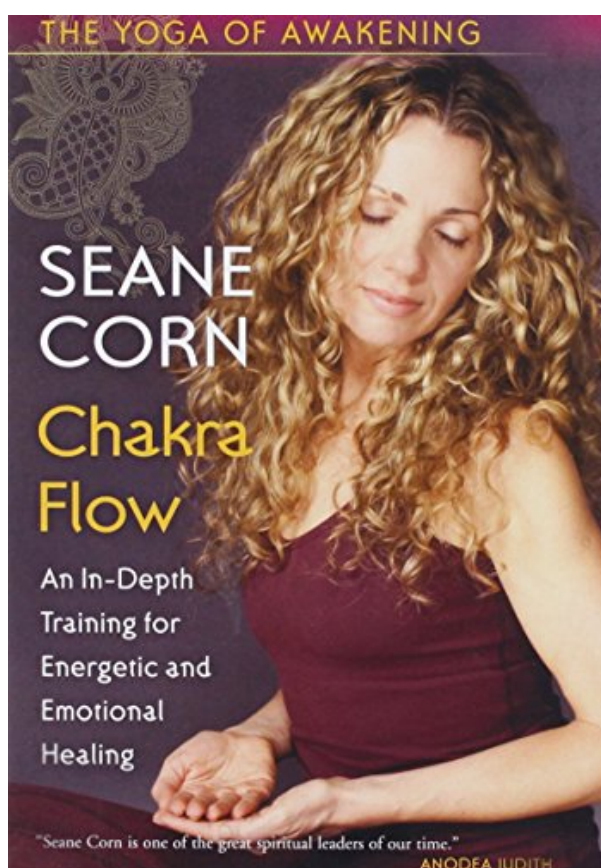
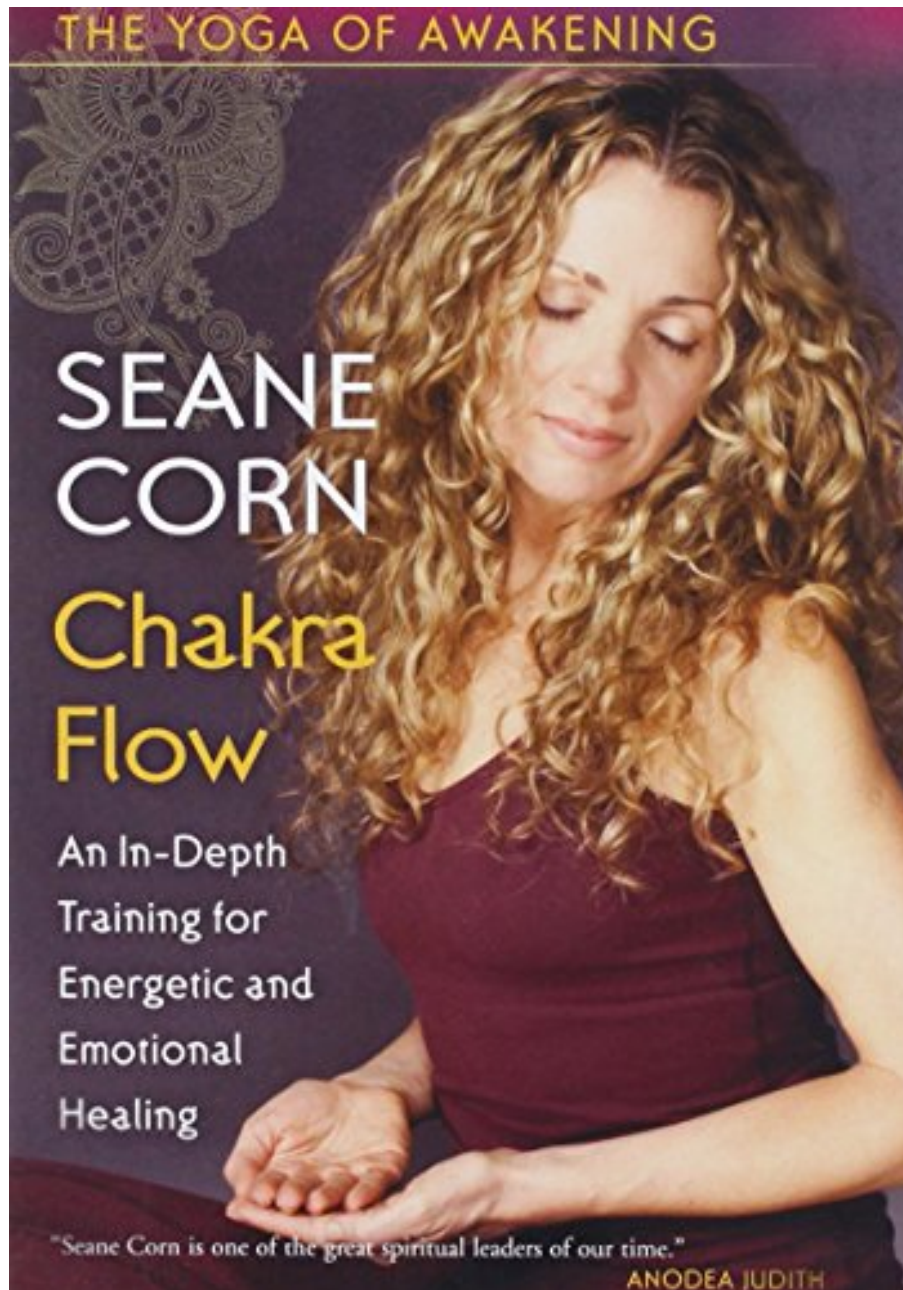


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BY SEANE CORN PDF

Seane Corn's three-volume Yoga of Awakening DVD series explores the deeper dimensions of yoga, offering in-depth training for discovering our vast potential for greater consciousness, empowerment, and connection. This second volume, Chakra Flow, focuses on releasing blocked emotions and energetic healing, using yoga as a gateway to our seven somatic centers. DVDs 1 and 2 include seven chakra-specific yoga practices for grounding, cultivating inner power and self-esteem, opening the heart, releasing blocked emotions, healing through grief, empowering communication, tapping into intuition, and connecting to universal consciousness. DVD 3 provides a 90-minute flow yoga session to cleanse and balance the body's central emotional energy channel, chakra by chakra. Designed for both beginners and advanced practitioners, this program offers two guided practice modes: 1) physical posture and alignment and 2) emotional-energetic work. Features music by Suzanne Sterling.

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