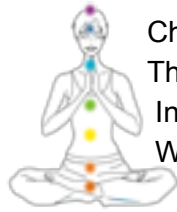


Chakra tuning



Chakra means a saucer or a wheel in Sanskrit.

The modern Yoga believes there is a line of 7 chakras on our body.

In simple words, Chakra is where your energy comes in and goes out from.

When you are fully of energy, you are operating with all the chakras open.

It is said that your chakras close when you experience something big physically or emotionally.



The 7 chakras represent: stability of mind and body, energy of heart, confidence, love, communication, the 6th sense, and realization.

Feng Shui Master Ogura who has yoga experience of 40 years will look into your chakras and tone them.