



## Toddler Chakras

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By Bridget A. B. Halfaker

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 8.5in. x 8.5in. x 0.1in. This book goes through each of the 7 main chakras. Each section will explain the basic energy connected to a chakra. It will then give you and your little one exercises to do in order to open that particular chakra. The exercises are meant to be done for a longer period of time than it takes to read the book. Take your time with each exercise. Exaggerate your movements. Have fun with it! This item ships from La Vergne, TN. Paperback.



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