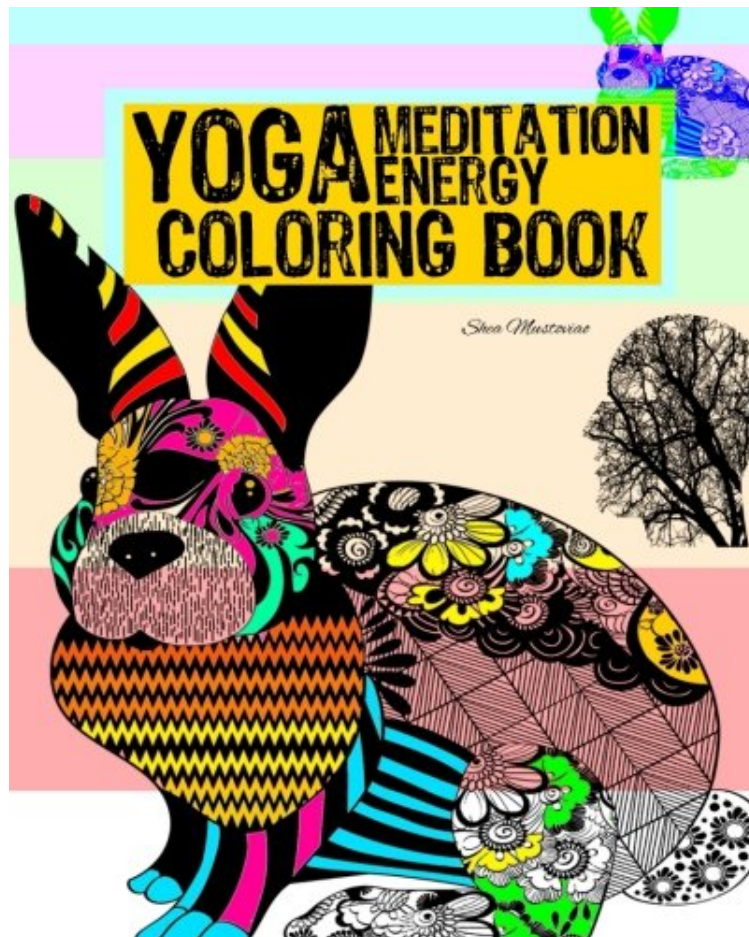


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## Meditation Yoga Energy Coloring Book

*Shea Mustovioa*

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Chakra energy goes straight from the crown of the head to the lower body. In the heart wheel there is a sixfold knot. This chakra coloring book is to help the body and mind relax. An important role in loosening and undoing the knots. This will help you relax and liberate the mind and evoke positive energy. Positive energy leads to control over perception of cognition and to harmonize increasing feeling. This focus and concentration is great for relaxation.