



# Mandala Yoga - A Journey Along the Chakras: From Rooting to Growth

*Orly Shaya*

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## Mandala Yoga - A Journey Along the Chakras: From Rooting to Growth Orly Shaya

### Focus Your Creative Presence

Mandala Yoga - a multi-dimensional journey

Yoga postures are the embodiment of positive states of consciousness. For example, spreading our arms wide open expresses the expansion of our vessel; "in-gathering" postures hone our ability to focus our attention; reversed postures open us to new angles of vision.

**Both yoga and the mandala are magical tools** for bringing us back to the experience of beauty and peace in perfect harmony of all our powers: physical, emotional, mental and spiritual. The art of coloring the mandalas as well as the yogic practice effect an experience of alignment, concentration, meditation and healing.

These pages offer a process of enriching your imagination and internalizing the essence of each posture and each energy center in your body in a way which is gradual and whole. This process emphasizes the power of focus as an instrument for creating your reality and invites adding the colors and shapes to your practice.

**Mandala Yoga is not a technique.** It is an inner language, a means, which guides us to enrich, empower and foster the awakening of our inner presence. Let this book take you on a journey into yourself, opening your spine as a channel between you and the universe. Marvel at the astonishing intelligence of your body and celebrate it!

This book is a wonderful gift for yoga practitioners, teachers, holistic therapists, artists and anyone interested in the life process of discovering one's own true self.



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