

7 chakra s de chakra s zijn de energiecentra van het lichaam er zijn zeven chakra s en deze spelen allemaal een belangrijke rol bij het welzijn van lichaam en geest

8 apr 2024 welke 7 chakra s hebben we hoe breng je ze in balans bij een blokkade lees het in dit beginners artikel met uitleg en tips

in de oude indiasse cultuur bestaan een heleboel chakra s maar de chakra s die wij in het westen het beste kennen zijn de zeven hoofdchakra s ze staan allemaal voor een ander deel van je lichaam

je chakra s zijn in balans wanneer ze allemaal open staan en goed ontwikkeld zijn binnen de ayurveda traditionele chinese geneeskunde en yoga wordt ook gesproken over een goede

chakra s zijn energiepunten die je helpen in balans te komen fysiek mentaal en emotioneel leer wat ze betekenen en hoe je ermee werkt in het dagelijks leven

chakra s zijn draaiende energiecentra in ons lichaam die verband houden met verschillende aspecten van ons welzijn ze kunnen worden onderverdeeld in spirituele fysieke en emotionele chakra s

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