

# Muladhara The Root Chakra By Kathryn Kaye



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Posts about root; base chakra; Kathryn Yoga classes in and we ll start with the root or base centre known as Muladhara Chakra. The root chakra is situated

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Yoga and Chakras Muladhara. March 5, 2010 July 4, 2010 | kukhahnyoga. The Root Chakra when balanced will make you feel calm, centered, Kathryn Budig; Krista

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Or what I teasingly refer to as my first and second chakras. Like Thing 1 and Muladhara, the root chakra, and a healer/meditator/channeler named Kathryn.

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