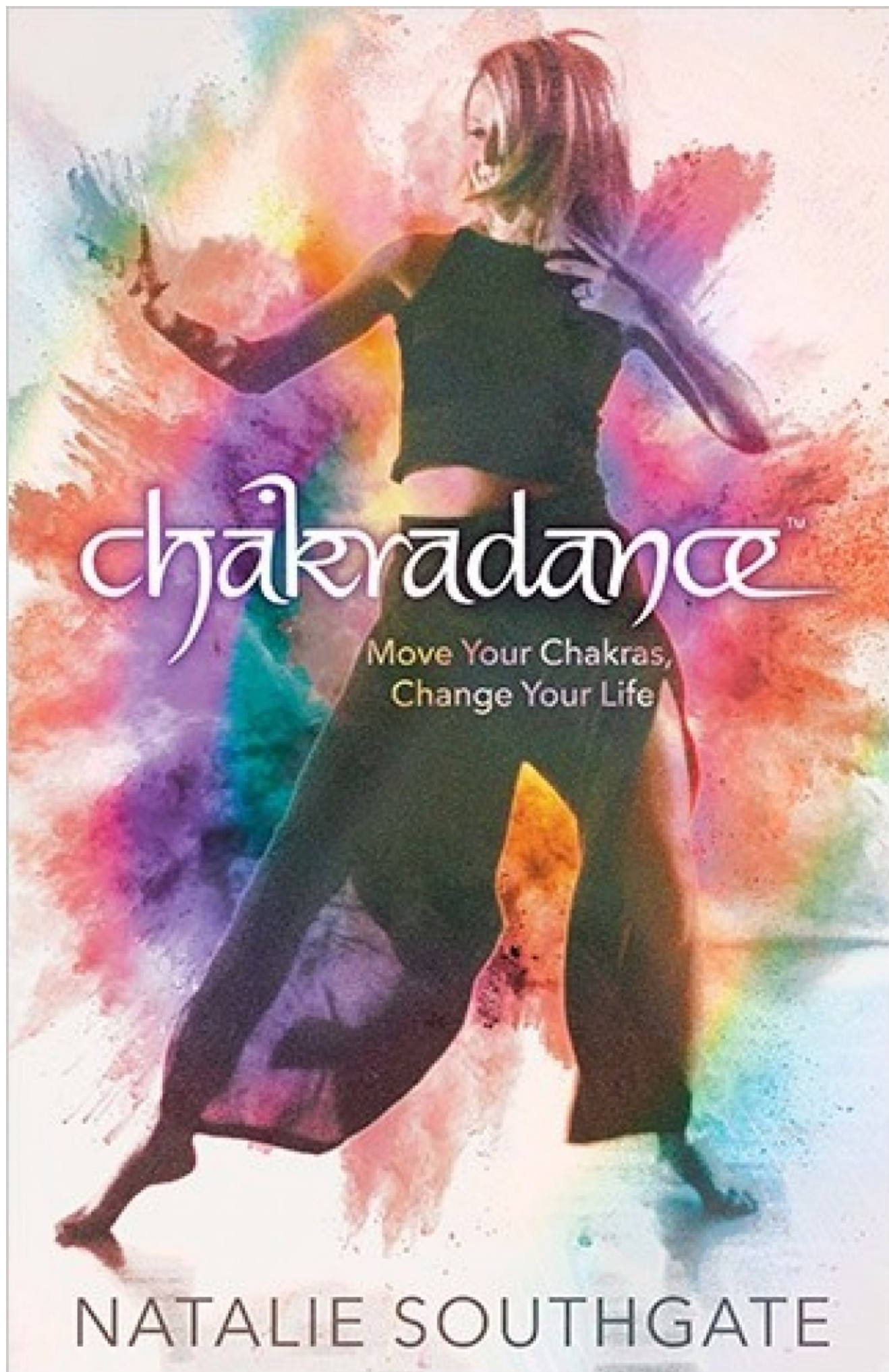


Hay House Launches Chakradance Book by Inspiring Mother

Dancing Your Way to Enlightenment is Key Says Global Founder



Carlsbad, Jan 22, 2019 (IssueWire.com) - Australian psychotherapist and Chakradance founder Natalie Southgate have much to be pleased about. Not only has the spirited mother and healer enjoyed global success with her Chakradance facilitation program, but she is also now celebrating publication with international publishing company Hay House.

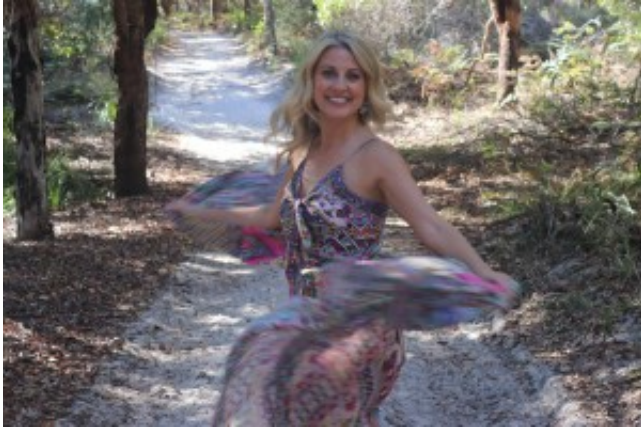
In operation for over 35 years, [the publishing house represents authors from all over the world and is a global organization with offices in India, UK, USA, and Australia](#). The bestselling publishing house has inspired the lives of people around the globe. Hay House was founded in 1984 by author Louise Hay, who is known for her personal growth and self-healing platform around the world. The iconic self-help and guidance format has successfully produced the best sellers for decades and is now the publishing home to the global founder of Chakradance.

[Chakradance is an accredited system](#) with facilitators running classes in over 40 countries around the world. A fully integrated moving meditation system encompassing Chakra music, Chakra balancing, Cleansing, dance, and mandala art provide a multidimensional approach to healing. Natalie's work has now been wordsmithed and discusses how this gentle yet powerful 'moving meditation' practice actually works, including examples and stories from Natalie's life and the lives of Chakradancers from around the world. The successful author demonstrates how this dance system can help you discover a deeper connection to your true authentic self, leading you to the most beautiful feeling of vibrant well-being. It is not often a creator reveals the deeply moving process of a modality and shares the knowledge along the way, however Natalie does just that; the result is a read that is hard to put down, both captivating and interesting the book is to "be experienced" not just read as described in the blurb.

"Being published by [Hay House](#) is such an honor. Louise worked for decades along with Reid Tracy to build what is now seen too many as an institution, to be a part of this is humbling, and I feel a lot of gratitude. To be able to reach even more people around the world with the book is part of the path, and when you know you are on your path, it sings true" says the talented author. Described by Deepak Chopra as "Fascinating insights into the effect of movement on the chakras... and a wonderful experience" Chakradance has undoubtedly made an impression on some of the world most insightful teachers.

For more information about Natalie [Click Here](#).

To purchase a copy of Natalie's book Chakradance: Move Your Chakras, Change Your Life, [CLICK HERE](#).



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