

Respiracion Espinal Pranayama - Viaje Al Espacio Interior: (La Serie de Iluminación Ayp)



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RESPIRACION ESPINAL PRANAYAMA - VIAJE AL ESPACIO INTERIOR: (LA SERIE DE ILUMINACION AYP)



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Createspace. Paperback. Condition: New. This item is printed on demand. 112 pages. Dimensions: 7.9in. x 5.0in. x 0.3in. La Respiracin Espinal Pranayama es una de las prticas ms importantes de todo el yoga, produciendo efectos positivos en nuestra salud, el bienestar, y cada aspecto de nuestra vida diaria. Adems, esta prtica diaria simple, nos purifica y nos abre a nuestros reinos internos de xtasis, lo cual nos lleva en un emocionante viaje al espacio interior. Las consecuencias de este viaje son tan prticas como profundas. Este libro proporciona instrucciones fciles de leer para comenzar y continuar con la prtica de Respiracin Espinal Pranayama, abordando en un sorprendente grado de detalle las muchas experiencias y preguntas que pueden surgir. Yogani es el autor de dos libros de referencia sobre las prticas ms eficaces del mundo espiritual: Advanced Yoga Practices - Easy Lessons for Ecstatic Living, un libro de texto fcil de usar, y The Secrets of Wilder, una novela espiritual muy poderosa. La Serie de Iluminacin AYP hace estas prticas profundas disponibles por primera vez en una serie de libros de instrucciones concisas. Respiracin Espinal Pranayama es el segundo en la serie. This item ships from La Vergne, TN. Paperback.



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