



Manuale di kundalini yoga. Le basi teorico-pratiche per l'autoevoluzione ad uso degli occidentali.

By Sivananda Radha, Swami

Edizioni Mediterranee, 2001. Book Condition: new. Roma, 2001; br., pp. 272, ill., cm 17x24. (L'altra medicina). Il processo evolutivo fu tramandato dall'antichità mediante il linguaggio figurato del sistema kundalini yoga e, nel corso dei secoli, i guru e i maestri spirituali hanno utilizzato questi simboli per rivelare agli aspiranti la chiave di realizzazione dei loro potenziali nascosti. L'autore prosegue questa tradizione di diffusione della conoscenza, basando il suo libro su una ventennale pratica dello yoga. Il volume è un manuale, ma anche un libro di meditazioni, indirizzato a chi vuole cooperare all'evoluzione umana e migliorare la qualità della propria vita.

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