



Hatha Yoga con sentido común: consejos olvidados (Spanish Edition)

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El yoga moderno y occidental debe analizarse en sus propios términos. ¿Las reglas clásicas, ya abandonadas, de Asana y prANAyAma resultan exóticas hoy en día? Kundalini parece dormir en su nido atemporal. Pero, cuidado: "la madera podrida no se puede tallar" (Confucio).

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