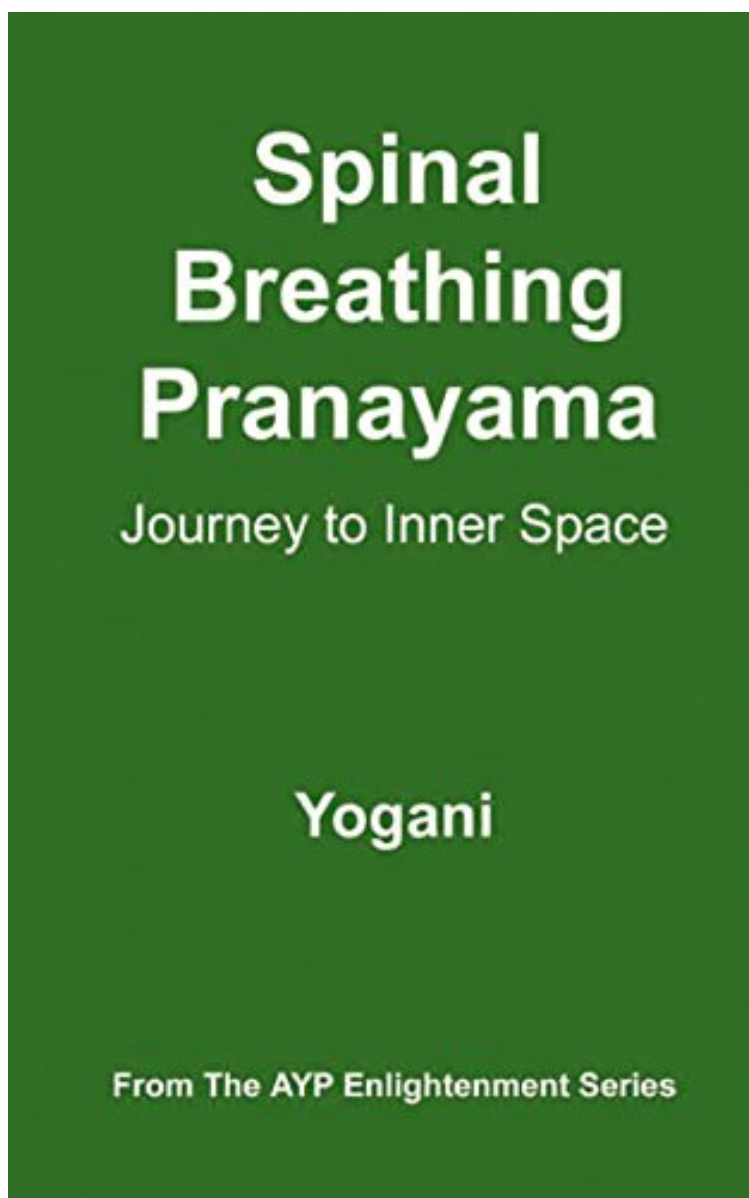


(Free and download) File size: 76.Mb

Spinal Breathing Pranayama - Journey to Inner Space (AYP Enlightenment Series Book 2) (English Edition)



Par Yogani
*DOC | *audiobook | ebooks | Download*
PDF | ePub

Dtails sur le produit Rang parmi les ventes : #145755 dans eBooksPubli le: 2008-11-13Sorti le: 2008-11-13Format: Ebook Kindle

(Free and download) Spinal Breathing Pranayama - Journey to Inner Space (AYP Enlightenment Series Book 2) (English Edition)

Par Yogani : Spinal Breathing Pranayama - Journey to Inner Space (AYP Enlightenment Series Book 2) (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Spinal Breathing Pranayama - Journey to Inner Space (AYP Enlightenment Series Book 2) (English Edition):

Download

Read Online

Description :

Prsentation de l'diteur"Spinal Breathing Pranayama" is one of the most important practices in all of yoga, producing positive effects in our health, wellbeing, and every aspect of our daily living. Moreover, this simple daily practice purifies and opens us to our ecstatic inner realms, taking us on an exciting journey to

Inner Space. The consequences of this journey are as practical as they are profound. This book provides easy-to-read instructions for beginning and continuing with the practice of "Spinal Breathing Pranayama," addressing in a surprising degree of detail the many experiences and questions that can come up. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Spinal Breaching Pranayama" is the second book in the series. The first is "Deep Meditation Pathway to Personal Freedom." Presentation de l'auteur "Spinal Breaching Pranayama" is one of the most important practices in all of yoga, producing positive effects in our health, wellbeing, and every aspect of our daily living. Moreover, this simple daily practice purifies and opens us to our ecstatic inner realms, taking us on an exciting journey to Inner Space.

The consequences of this journey are as practical as they are profound. This book provides easy-to-read instructions for beginning and continuing with the practice of "Spinal Breaching Pranayama," addressing in a surprising degree of detail the many experiences and questions that can come up. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Spinal Breaching Pranayama" is the second book in the series. The first is "Deep Meditation Pathway to Personal Freedom." Biographie de l'auteur Yogani is the author of the Advanced Yoga Practices (AYP) system, including more than a dozen Instructional Titles available in Paperback, Kindle eBook and AudioBook editions, covering all aspects of Full-Scope Yoga Practice. Since 1970, he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breaching Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more.

It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge.