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Los Yoga Sutras De Patanjali: Traduccion Y Comentarios Por Sri Swami Satchidananda ... Con un lenguaje sencillo adaptado a la mentalidad occidental Andr\u00e9 nos acompa\u00f1a a explorar la ciencia del Pranayama, indispensable para profundizar en el conocimiento y pr\u00e1ctica del yoga. Ojal\u00e1 pronto reediten Mi sesi\u00f3n de yoga, ser\u00eda muy bien recibido ...

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Authentic Pranayama Yoga by Swami Samarpananda Saraswati and a great selection of related books, art and collectibles available now at AbeBooks.co.uk.

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El Pranayama es una ciencia exacta que te acerca a la compresi\u00f3n de c\u00f3mo se transmite la energ\u00eda. Respirar conscientemente te permite vivir el presente llen\u00e1ndolo de plenitud. El Pranayama, seg\u00fan Swami Sivananda, ocupa un lugar muy importante en la pr\u00e1ctica del Yoga y de la meditaci\u00f3n.

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