

I segreti dello yoga [The Amazing Secrets of the Yogi]: Le rivelazione segrete dei più antichi iniziati [The revelation of the secret of the ancient initiates]

Charles Haanel

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Pranayama, Kundalini, levitazione, corpo astrale, vita eternaUn libro fondamentale per apprendere le tecniche necessarie ad acquistare un corpo in perfetta armonia e sviluppare una salute vigorosa. Attraverso le lezioni e i segreti dei maestri yogi ognuno potrà imparare a respirare correttamente, a sviluppare il potere della mente, a rinvigorire il corpo e lo spirito.I segreti contenuti nel libro sono preziosi strumenti per trasformare la propria vita in un cammino di abbondanza, salute e felicità.

[Pranayama, Kundalini, levitation, astral body, eternal lifeA book essential to learn the techniques needed to buy a body in perfect harmony and develop a vigorous health. Through the lessons and secrets of the master yogi everyone can learn how to breathe properly, to develop the power of the mind, invigorate the body and spirit. The secrets contained in the book are valuable tools to transform their lives in the path of abundance, health and happiness.]

Please note: This audiobook is in Italian.



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