



# **Asanas, Mudras y Bandhas - Despertando el Kundalini Extático: (La Serie de Iluminación AYP) (Spanish Edition)**

*Yogani*

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Asanas, Mudras y Bandhas – Despertando el Kundalini Extático ofrece un enfoque práctico para la incorporación de las posturas de yoga y especializadas maniobras físicas internas en una rutina diaria compacta de prácticas que incluye la respiración espinal pranayama y la meditación profunda. El despertar del kundalini se cubre con claridad, incluyendo una discusión de los síntomas y los métodos específicos para controlar tu ritmo y regular las energías internas para proveer el desarrollo progresivo y seguro del silencio interior permanente, la dicha extática y el derramamiento de amor divino - las características esenciales de la iluminación ascendente. Yogani es el autor de libros innovadores sobre altamente efectivas prácticas espirituales, tales como: Advanced Yoga Practices – Easy Lessons for Ecstatic Living (dos libros de texto completo y fácil de leer), y The Secrets of Wilder, una novela espiritual muy poderosa. La Serie de Iluminación AYP hace estas prácticas profundas disponibles por primera vez en una serie de libros de instrucciones concisas.

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