



The Heart of Yoga: Developing a personal practice (Chinese Edition)

T..K..V..Desikachar . DE SI...



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Pub Date: 2014-08-01 Pages: 328 Language: Chinese Publisher: Electronic Industry Press Quetzal based parent of the basic core concepts Pooh yoga - yoga practitioners must constantly adapt to the changing needs in order to obtain maximize the effect. and follow ancient principles of yoga. wrote this Heart Yoga. which is the first book will be a living breathing art clearly set forth the steps and systems practice yoga books. full of ancient heritage classic essence of yoga and Yoga Sutra to justice. In addition. the book also contains a complete Patanjali's Yoga Sutra and its translation and notes. as well as Chris Ma Jaya that the book Yoga Prayer Essentials thirty-two song. this song saved their Shariah essence. About the Author Chen Li Zhou: National Taiwan University Department of Chinese graduate now studying at Taiwan's National Chengchi University Institute of Religiou...



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