



## Los Cinco Tibetanos: Cinco Ejercicios Dinamicos Para Lograr Buena Salud, Energia y Poder Personal

By Christopher S Kilham

Inner Traditions International. Paperback / softback. Book Condition: new. BRAND NEW, Los Cinco Tibetanos: Cinco Ejercicios Dinamicos Para Lograr Buena Salud, Energia y Poder Personal, Christopher S Kilham, The Five Tibetans are a yogic system of highly energizing postures and exercises that originated in the Himalayas. Liberating and enhancing the innate energetic power of the human body and mind, these five exercises take a minimum of daily time and effort but offer remarkable results in the way of increased physical strength and suppleness as well as mental acuity. In addition, these exercises can be a vehicle for enlivening the senses and generating and harnessing energy for the purpose of self-transformation. Regular practice of these postures: Relieves muscular tension and nervous stress Improves respiration and digestion Benefits the cardiovascular system Leads to deep relaxation and well-being Tunes and energizes the chakras - The Five Tibetans are explained within the context of traditional yoga, providing a foundation for understanding. - Black-and-white photographs and illustrations complement the text and clearly indicate the proper execution of each exercise.

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