



Asanas, Mudras & Bandhas - Awakening Ecstatic Kundalini (Chinese Translation - Simplified) (Chinese Edition)

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"Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini" provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love - the essential characteristics of rising enlightenment. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices – Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Asanas, Mudras and Bandhas" is the fourth book in the series. The third in the series is "Tantra - Discovering the Power of Pre-Orgasmic Sex." The second is "Spinal Breathing Pranayama - Journey to Inner Space." The first is "Deep Meditation - Pathway to Personal Freedom."



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