

Bharatanatyam Mudras In Tamil Thebookee

Hatha Yoga Pradipika
 Gnosis and the Yantra Yoga for Long Life
 An Illustrated Translation
 Light on Hatha Yoga
 The Tibetan Exercises for Rejuvenation
 Mudra Vigyan
 Abhinaya Darpanam

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ALESSANDRA DECKER

Mudra Vigyan

The health and vitality of the physical body is essential for anyone who aspires towards the awakening of the consciousness. Initiated students of Tantric traditions are taught exercises called Yantra Yoga to promote health and fortitude needed for their rigorous self-development. Samael Aun Weor, a reincarnated lama from the Sacred Order of Tibet, teaches in this book a synthesized and refined sequence of Yantric exercises with profound benefits that anyone can experience. In addition, he provides a fascinating and often shocking perspective on the reality of our situation, and the tremendous urgency for us to change our ways. "I tell you, brothers and sisters, that we, the Gnostics, have precise methods in order to rejuvenate the organism and cure all sicknesses. It is unquestionable that we

can learn how to heal ourselves. Each one of us can be converted into our own physician by learning how to heal ourselves without the necessity of "medicine" - lo and behold, the most beloved ideal. It is urgent to preserve the physical body in perfect health for many years so that we can use this precious physical vehicle for the realization of our own Inner Self." - Samael Aun Weor

Hatha Yoga Pradipika Diamond Pocket Books Pvt Ltd
 Our body consists of five elements i.e. Akash, Vayu, Jal, Agni and Prathvi tatvas. The each finger represents the respective elements present in the body. The imbalance in the tatvas (elements) leads to the various ailments or the diseases in the body. The Mudra Vigyan is an ancient Indian Science that is being practiced for centuries.

Gnosis and the Yantra Yoga for Long Life SCB Distributors
 Mudra VigyanDiamond Pocket Books Pvt Ltd
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This groundbreaking commentary sheds light on the ancient scripture, Hatha Yoga Pradipika, dispelling the confusion and

misinformation that permeated the world of Hatha Yoga today. Shri Yogi Hari, a world-renowned Yogi from the Sivananda lineage, a venerable Rishi, beloved Guru and perfected Master of Hatha, Nada and Raja Yoga, has selflessly dedicated his life to bringing the ancient mystical knowledge of Yoga to humanity until now. Also included are inspiring pictures of Shri Yogi Hari performing various Asanas and Mudras with detailed descriptions

and easy-to-follow instructions on how to get into such poses.

[An Illustrated Translation](#)

Light on Hatha Yoga

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