



Los Cinco Tibetanos: Cinco ejercicios dinámicos para lograr buena salud, energía, y poder personal (Inner Traditions) (Spanish Edition)

Christopher S. Kilham

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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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