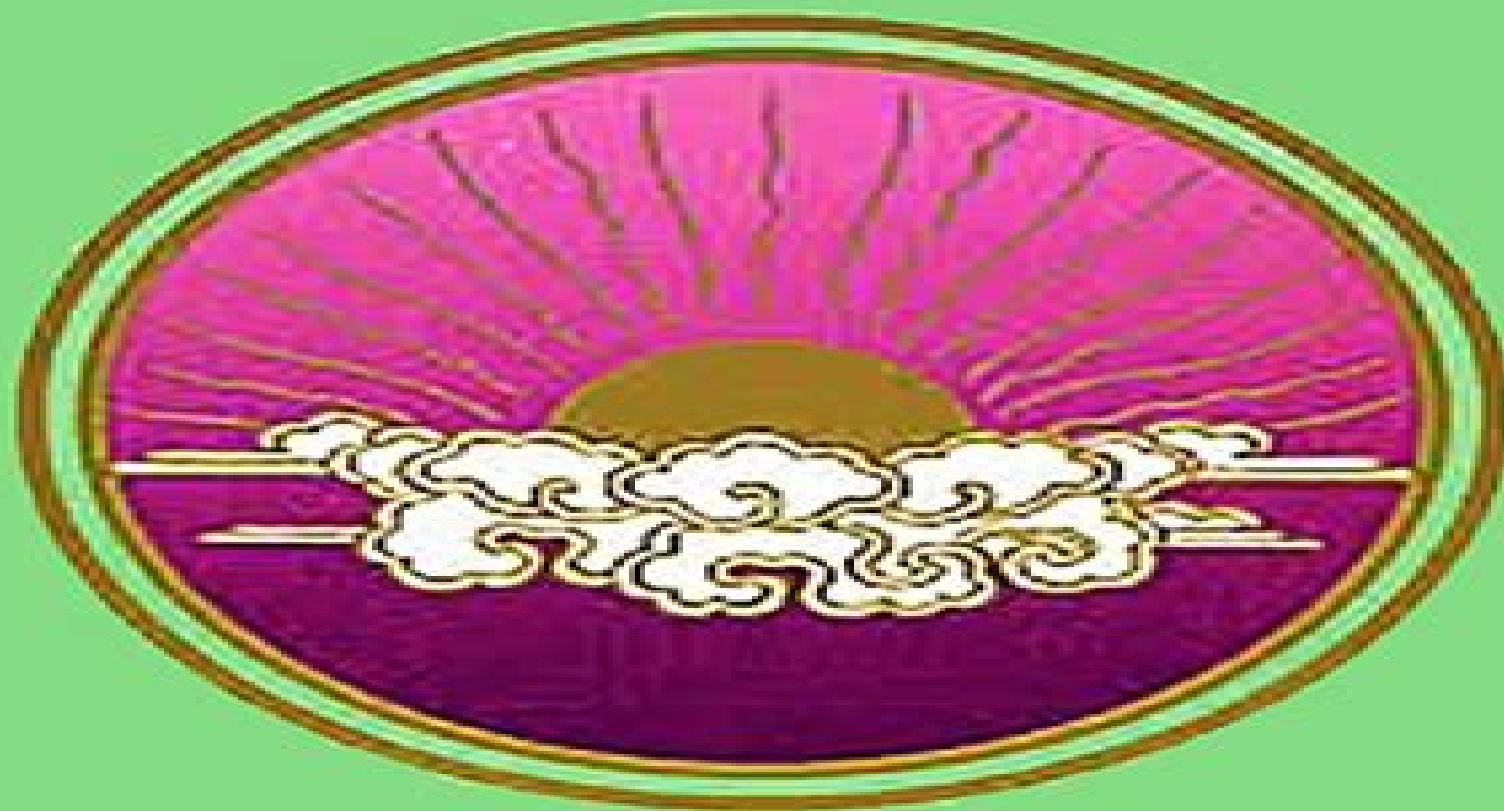


Tarthang Tulku
Relajación
Kum Nye

Parte 1:
Teoría, Preparación y Masaje



Relajacion Kum Nye Parte 1

Adeline van Waning MD PhD



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Relajacion Kum Nye-Parte Tarthang Tulku, Relajacion Kum Nye nos presenta nuevos metodos de revitalizacion eficaces para todas las edades La Parte 1 incluye teoria masaje y ejercicios de movimiento introductorios Esta Parte 2 comprende ejercicios de movimiento mas avanzados El Kum Nye nos ens **A mayor claridad, mayor confianza** Adeline van Waning MD PhD,2017-07-31 A mayor claridad mayor confianza recoge la experiencia de la Dra van Waning de participar en el Proyecto Shamatha un proyecto pionero de investigaci n neurocientifica que explora la relaci n entre la meditaci n y el bienestar iniciativa conjunta del Santa Barbara Institute for Consciousness Studies la University of California Davis y el Shambhala Mountain Center todos ellos en los EE UU Este libro es una exploraci n de estudios sobre budismo centrada en un intento de comprender la meditaci n desde el punto de vista psicol gico y cient fico No obstante lo m s importante es que tambi n es un recorrido personal un viaje personal que la autora comparte aplicable para ti mismo en el que puedes combinar las pr cticas y las meditaciones guiadas que aqu se explican de modo que puedes meterte de lleno en esta pr ctica y embarcarte en tu propio camino revitalizador De esa forma cultivar s tu equilibrio mental y tu bienestar **Relajacion Kum Nye** Tarthang Tulku,1993 *Relajaci3n Kum Nye* Tarthang Tulku,1995

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