

Tarthang Tulku

Relajación Kum Nye

Parte 2:
Ejercicios de Movimiento



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Relajacion Kum Nye Parte 2 Ej De Movimiento

Tarthang Tulku



Relajacion Kum Nye Parte 2 Ej De Movimiento:

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 investigación neurocientífica que explora la relación entre la meditación 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 exploración de estudios sobre budismo centrada en un intento de comprender la meditación desde el punto de vista psicológico y científico No obstante lo más importante es que también es un recorrido personal un viaje personal que la autora comparte aplicable para ti mismo en el que puedes combinar las prácticas y las meditaciones guiadas que aquí se explican de modo que puedes meterte de lleno en esta práctica y embarcarte en tu propio camino revitalizador De esa forma cultivarás tu equilibrio mental y tu bienestar Relajacion Kum Nye-Parte Tarthang Tulku, Relajacion Kum Nye nos presenta nuevos métodos de revitalización eficaces para todas las edades La Parte 1 incluye teoría masaje y ejercicios de movimiento introductorios Esta Parte 2 comprende ejercicios de movimiento más avanzados El Kum Nye nos enseña Relajación Kum Nye Tarthang Tulku, 1995

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