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Los Yoga Sutras De Patanjali: Traduccion Y Comentarios Por Sri Swami Satchidananda ... Con un lenguaje sencillo adaptado a la mentalidad occidental André nos acompaña a explorar la ciencia del Pranayama, indispensable para profundizar en el conocimiento y práctica del yoga. Ojalá pronto reediten Mi sesión de yoga, sería muy bien recibido ...

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El Pranayama es una ciencia exacta que te acerca a la comprensión de cómo se transmite la energía. Respirar conscientemente te permite vivir el presente llenándolo de plenitud. El Pranayama, según Swami Sivananda, ocupa un lugar muy importante en la práctica del Yoga y de la meditación.

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