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LEGADO ESPIRITUAL DEL TEMPLO SHAOLIN

By James, Andy

Ediciones Arkano Books, 2005. soft. Book Condition: New. El singular sistema de instrucción que surgió en el célebre templo de Shaolin, en China -donde se combinaba el espíritu del budismo Chan (Zen) y del taoísmo junto con una disciplina física y marcial rigurosa y con ejercicios de respiración-, acabó por cambiar el modo de concebir la mente y el cuerpo en todo el mundo. Dado que las enseñanzas que habían surgido en el templo de Shaolin (ocultadas durante mucho tiempo) han evolucionado e incrementado su relación con la cultura y con la sociedad, esta obra, apasionante y muy personal, interesará a todos los entusiastas de las artes marciales, a los profesionales de las terapias curativas, y a cualquier persona interesada en las relaciones entre el cuerpo y la mente. Contiene también instrucciones prácticas para los ejercicios siguientes: La postura wuji - El caminar taijiquan - La meditación de pie yi quan - La órbita microcósmica del taoísmo - La meditación vipassana "En este libro presento mis experiencias sobre el entrenamiento integral cuerpo-mente que empezó a desarrollarse en el templo de Shaolin y en otras partes de China hace bastante más de mil años. Me baso en unas tradiciones ya probadas...



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