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Los orígenes del Hatha Yoga : el Hatha Pradîpikâ, el Gheranda Samhitâ y el Goraksa-Shataka

By Goraknâth; Svâtâmârama

Ediciones Librería Argentina, 2009. soft. Book Condition: New. Descripción: 24x16 cm. Encuadernación: Rustica. El yoga es una disciplina que a lo largo de tres milenios de historia dio lugar a muchas corrientes de pensamiento y a las más variadas experiencias. La práctica más difundida en Occidente es la del Hatha yoga, pero asombra observar como mientras existen muchos textos y comentarios relativos al Râja yoga de Patañjali y al Bhakti yoga de la Bhagavad Gîtâ, no hay casi nada en castellano que permita conocer uno u otro de los textos del Hatha yoga. Alicia Souto con esta publicación quiere llenar una laguna, tarea no fácil. Por eso después de sus estudios en la Escuela de Estudios Orientales de la Universidad del Salvador fue a la India al Kaivalyadhâma College of Yoga de Lonavla fundado en 1924 por Svâmi Kuvalayânanda. El lector tiene ahora en sus manos un texto muy importante y una absoluta novedad para los países de habla hispana, que pueden contar con una transliteración del original sânscrito, una traducción fiel y un comentario sobrio y seguro. Walter Gardini El Hatha Yoga es muy popular en occidente. Algunas de sus técnicas son muy practicadas y sin embargo es la disciplina...



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