



## **Benessere e Tao Yoga (Italian Edition)**

*Giovanni Andreoli*

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# Benessere e Tao Yoga (Italian Edition)

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## **Benessere e Tao Yoga (Italian Edition)** Giovanni Andreoli

Manuale pratico di esercizi di Tao Yoga. Sono descritte le forme di Bodhidharma, gli otto pezzi di broccato e la piccola circolazione energetica. Grazie all'utilizzo dell'alchimia interna potrete dare inizio ad una trasformormazione interiore. Vengono inoltre descritte delle micro-pratiche che potrete fare in qualsiasi momento della giornata senza l'ausilio di un insegnante. Verrete guidati passo passo verso la conoscenza dell'interazione delle emozioni e della energia con il vostro corpo.

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