

# Télécharger Livres Gratuit Yoga Kundalini (PDF | ePub | Mobi) Guru Jagat download-free



Ralentir les effets de l'âge, relancer le métabolisme, augmenter son énergie, réduire le stress, augmenter sa créativité... grâce au **yoga Kundalini**, par la cheffe de file de ce yoga en plein essor.

Pratique très ancienne, le **yoga kundalini** repose sur le travail du chakra situé à la base de la colonne vertébrale. Yoga du périnée, mais aussi yoga de l'amour, ce yoga spécifiquement féminin comporte une très grande dimension spirituelle.

**Guru Jagat**, la cheffe de file de ce yoga qui connaît aujourd'hui un nouvel essor, vous propose de découvrir dans ce guide la pratique mais aussi des manières, issues du yoga, de ralentir les effets de l'âge, relancer le métabolisme, augmenter son énergie, réduire le stress, augmenter sa créativité...

Avec une préface d' **Anne Bianchi**, professeure de yoga kundalini **en France**.

<b>Title</b>	:	Yoga Kundalini
<b>Author</b>	:	Guru Jagat
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