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Prana dal sanscrito significa “soffio di energia vitale”, “flow” significa flusso. Questo stile di Yoga segue la dottrina del grande maestro Krishnamacharya ed è stato modernizzato per assecondare i bisogni dello studente occidentale moderno dalla nota maestra californiana Shiva Rea. La pratica è caratterizzata dalla fusione tra il respiro e il movimento e le asana (posture dell ...

~~About me, Anna Inferrera~~

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La pratica dello yoga ha infatti come conseguenza l’ “apertura” dei chackra e la liberazione della kundalini, ma questi sono rispettivamente dei canali di comunicazione con il mondo occulto e una esoterica “energia” cosmica rappresentata da un serpente annidato nell’ osso sacro.

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Jaggi Vasudev afferma che "Senza interrompere nemmeno un giorno, questa semplice pratica yoga che gli fu insegnato di mantenere, lo portò in seguito ad una conoscenza più profonda." Dopo essere stato istruito alla Demonstration School, Mysore nel 1973, si laureò nell'Università di Mysore con una laurea triennale in letteratura inglese. [7]

~~Jaggi Vasudev - Wikipedia~~

Superando i pregiudizi e il tabù dell’ accostamento di sesso e religione o dell’ associazione impropria con un manuale del sesso come il Kamasutra, Il Tantra e l’ energia della kundalini rappresentano una possibile via di conoscenza spirituale e una dottrina basata sul corpo, sull’ energia e su tutte le componenti dell’ essere umano. Non si tratta quindi di un approccio alla pratica di ...

~~Kundalini e la via del Tantra - Lo Sbuffo~~

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