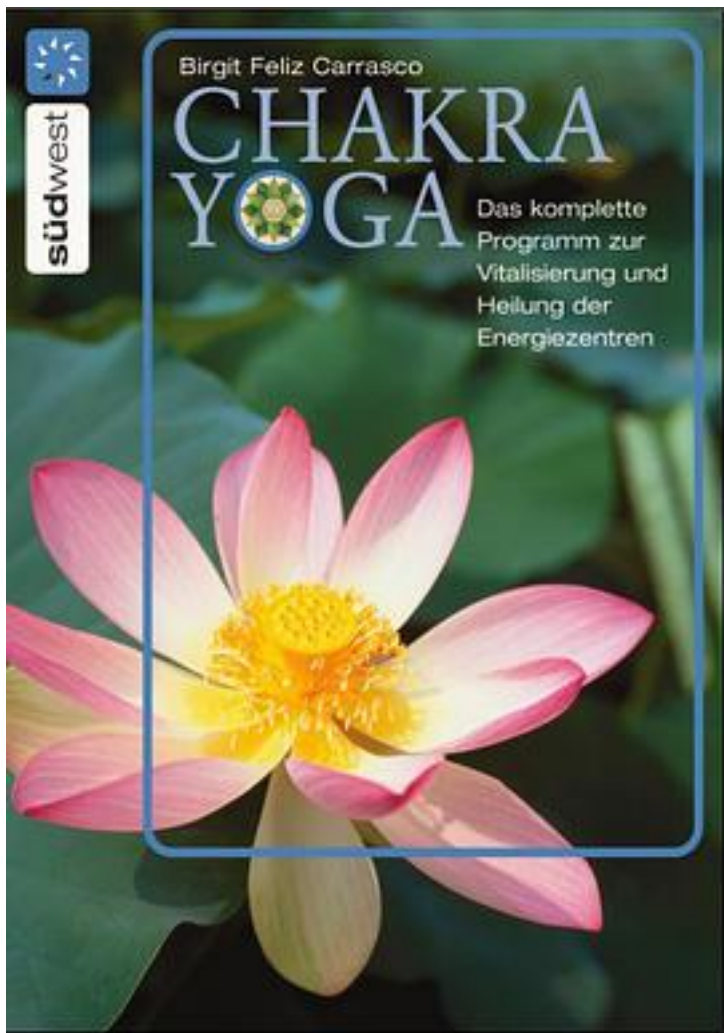


# Chakra Yoga



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著者:Finger, Alan/ Repka, Katrina

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According to the yogic tradition of India, the seven chakras, or energy centers,

concentrate and distribute refined life-force energy throughout the body. Yoga master Alan Finger, well-known for his many Yoga Zone teaching videos, presents detailed yoga practices and meditation instructions for understanding the chakras and bringing them into balance. This book is for serious students who wish to cultivate subtle energies using ancient tantric methods. Illustrated with photos and anatomical drawings.

作者介绍:

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标签

评论

其实我看不懂啊亲!!! 不是英语啊亲!!!!!!! 图画挺好看的!!!!!!  
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书评

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