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By (author) Fabio Andrico By (author) Chogyal Namkhai Norbu

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""Tibetan Yoga of Movement"" introduces the method of Yantra Yoga, a traditional Tibetan form that is one of the oldest recorded systems of yoga in the world. Derived from an eighth-century Tibetan Buddhist text, Yantra Yoga includes many positions similar to those of Hatha Yoga in form, but different in the dynamics of the way in which they are practiced, especially in the coordination of movemen...

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