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Hatha Yoga

# **La Lucerna Dello Hatha Yoga**

In this first volume of the  
collected talks and essays of  
Paramahansa Yogananda,

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readers will journey through some little-known and seldom-explained aspects of meditation, life after death, healing, and the power of the mind.

The hitherto unknown history of the formation of ancient Indo-

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European verb roots and their primary derivatives. From which, with particular phonetic variants described herein, are derived, over thousands of years, the words of Sanskrit, Greek and Latin.

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In *Yoga: The Science of the Soul*, one of the greatest spiritual teachers of the twentieth century presents the history and philosophy of this timeless health practice. Much of what is known as yoga today

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emphasizes physical postures and exercises to increase flexibility and help relaxation. But in fact, yoga has its roots in centuries of rigorous investigation and research in the East to develop an

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understanding of human  
consciousness and its potential.  
In Yoga, Osho explains the  
meaning of some of the most  
important Yoga Sutras of  
Patanjali, an early “ scientist of  
the soul ” who is credited with

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being the father of Raja Yoga, or the “royal path” of yoga that uses physical postures and breath primarily as a means to achieve higher states of consciousness. With a fresh translation of these ancient

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texts, and unique Osho insights into the modern mind and its psychology, Patanjali comes to life on the pages with an approach to using yoga for greater self-understanding that is absolutely relevant to our times.



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An invaluable resource for beginning or experienced yoga practitioners, and for anyone who seeks to better understand the intricate and powerful relationship that exists between body and mind. Osho challenges

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readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “ 1000

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Makers of the 20th Century ”  
and by Sunday Mid-Day (India)  
as one of the ten people—along  
with Gandhi, Nehru, and  
Buddha—who have changed the  
destiny of India. Since his death  
in 1990, the influence of his

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teachings continues to expand,  
reaching seekers of all ages  
invirtually every country of the  
world.

Developing a Personal Practice  
Humanitas

The Master Key

*Page 12/95*

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Ars musica

Catalogo dei libri in commercio

Comparative etymological

Dictionary of classical Indo-

European languages: Indo-

European - Sanskrit - Greek -

Latin

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YOGA FOR EXERCISE. One of the great yoga figures of our time, Sri K. Pattabhi Jois brought Ashtanga yoga to the West more than thirty years ago. Based on flowing, energetic movement coordinated with the breath, Ashtanga and the many forms of vinyasa yoga

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that grow directly out of it have become the most widespread and influential styles practiced today.

"Yoga Mala" - a 'garland of yoga' - is Jois' authoritative guide to Ashtanga. In it, he outlines the ethical principles and philosophy underlying the discipline,

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explains important terms and concepts, and guides the reader through Ashtanga's Sun Salutations and the subsequent primary sequence of forty-two asanas, or poses, precisely describing how to execute each position and what benefits each



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provides. It is a foundational work on yoga by a true master.

It's like having a yoga teacher in your own home! Van Lysebeth, with over 50 years experience as a yoga instructor, describes more than 200 exercises and postures, using over 100 photographs

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and numerous illustrations that show both the right and wrong way to perform them. Unlike other yoga books which show only the completed posture, these illustrations show the intermediate steps for attaining the final postures. For beginning students,

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this classic book is a perfect introduction to yoga.

A direct disciple of the spiritual master author of Autobiography of a Yogi reveals the deep allegorical meanings of India's best-loved scripture from a new perspective, sharing practical

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advice on such topics as achieving victory in life in union with the divine, preparing for life's end, and what happens after death.

The Science of the Soul

The Yoga of Light

The Essence of the Bhagavad Gita

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la concezione della musica del  
Medioevo

Il fachirismo indù e gli yoga | Le  
Fakirisme Hindou et les Yogas  
???????

Quest'opera, uscita a Bombay nel  
1895 e poi riproposta nel 1907 in

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forma modificata sotto il titolo "The Spirit of the Upanishads or The Aphorisms of the Wise" e con la falsa attribuzione a Yogi Ramacharaka, viene ora tradotta in italiano per la prima volta nella sua forma integrale, correttamente

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restituita al suo vero autore, Manil  
La lucerna dello hatha-yogaLa  
lucerna dello hatha-yoga(Hatha-  
yoga-pradīpikā)East and  
WestSanskrit Studies Outside  
IndiaOn the Occasion of 10th World  
Sanskrit Conference, Bangalore,

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Jan 3-9, 1997 Il fachimismo indù e gli  
yoga | Le Fakirisme Hindou et les  
YogasLulu.com

Chiefly on Prāṇāyāma Yoga, the  
art of breath control.

In Battle for Peace

Le Pratiche Erotiche Nello Yoga



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Tradizionale

Prana, Pranayama, Prana Vidya

Life and Teaching of the Masters of  
the Far East

Storia delle religioni

Luoghi dei morti (fisici, rituali e  
metafisici) nelle tradizioni religiose

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dell'India

This early work on the self is both expensive and hard to find in its first edition. It details the ideas of what the self is and how to recognize it. This fascinating work is thoroughly recommended for inclusion on the bookshelf of

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anyone interested in self awareness. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce. We are republishing these classic works in affordable, high quality, modern editions, using the

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original text and artwork.

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides

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you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance

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or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that

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allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the

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ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

The first yoga text to outline a step-by-step sequence for developing a complete practice according to viniyoga--yoga adapted to the needs of the



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individual. • A contemporary classic by a world-renowned teacher. • This new edition adds thirty-two poems by Krishnamacharya that capture the essence of his teachings. Sri Tirumalai Krishnamacharya, who lived to be over 100 years old,

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was one of the greatest yogis of the modern era. Elements of Krishnamacharya's teaching have become well known around the world through the work of B. K. S. Iyengar, Pattabhi Jois, and Indra Devi, who all studied with Krishnamacharya.

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Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of viniyoga,

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which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In *The Heart of Yoga* Desikachar offers a distillation of his father's system as well as his own practical

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approach, which he describes as "a program for the spine at every level--physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga.

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Desikachar discusses all the elements of yoga--poses and counterposes, conscious breathing, meditation, and philosophy--and shows how the yoga student may develop a practice tailored to his or her current state of health, age,

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occupation, and lifestyle. This is a revised edition of The Heart of Yoga.

La lucerna dello hatha-yoga  
Operating System Concepts  
(Hatha-yoga-pradīpikā)  
Dizionario dell'induismo  
Yoga

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Haṭhapradīpikā of Svātmārāma  
*L'Induismo è la religione della  
grande maggioranza degli abitanti  
dell'India. Per capirla occorre  
partire dal pensiero e dalle  
concezioni culturali degli invasori  
indoeuropei, gli Arii, penetrati nelle*



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*valli dell'Indo e del Gange duemila  
anni prima della nostra era. Ma  
ancor più bisogna considerare che  
questo pensiero vedico si è  
trasformato e diversificato nel  
corso dei secoli a contatto con le  
culture pre-vediche, radicate in*

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*India molto prima della  
penetrazione dei conquistatori Arii.  
L'Induismo si fonda anche su  
alcune costanti, messe in evidenza  
dalla ricerca indianista, come il  
Veda, tradizione orale prima di  
essere messo per iscritto, che ha*

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*fornito numerose nozioni  
fondamentali, utili a strutturare il  
pensiero religioso e sociale nel corso  
dei secoli: l'idea di un ordine  
cosmico (dharma) che ingloba  
l'universo, l'uomo e la vita e la cui  
armonia impedisce il caos; la*

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*nozione di un tempo ciclico che comporta un perpetuo ritorno; un sistema di caste che andrà moltiplicandosi e costituirà un vero e proprio tessuto sociale; una concezione degli stadi della vita e delle tecniche di liberazione dello*

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*spirito (yoga), ereditata forse  
dall'epoca pre-vedica. Il vedismo  
ignorava i templi e le immagini  
delle divinità. Sotto l'influenza di  
fattori non ancora ben determinati,  
all'inizio della nostra era  
l'Induismo conoscerà un grande*

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*cambiamento con la nuova corrente di devozione, la bhakti. Il sacrificio cede il posto all'offerta (púja) e alla preghiera davanti alle effigi e alle statue delle divinità nei templi eretti dai fedeli, una grande innovazione. I devoti si rivolgono*

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*alla divinità da loro scelta e le testimoniano il loro amore in un contesto di relazioni personali. È il grande successo degli dei della bhakti come Visrnu e Krsna. Nel corso dei secoli l'Induismo conoscerà poi numerose sette e*

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*gruppi religiosi, fino alla nostra  
epoca.*

*This book is the most ancient and  
mysterious work on yoga, describing  
in detail all steps towards self  
realization. It can also be called a  
Manual of Kriya Yoga for*



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*advanced practitioners.*

*This is a large print edition of The Hatha Yoga Pradipika offering clear easy to read version. This edition offers text printed in font size 14. Hatha Yoga Pradipika is a classical text describing Hatha*

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*Yoga. It is the oldest surviving text on Hatha Yoga. Swami Swatmarama, a disciple of Swami Goraknath, wrote the text, drawing upon previous texts and his own experiences. While the text describes asanas (postures), purifying*

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*practices (shatkarma), mudras (finger and hand positions), bandhas (locks), and pranayama (breath exercises), it also explains that the purpose of Hatha Yoga is the awakening of kundalini (subtle energy), advancement to Raja Yoga,*

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*and the experience of deep meditative absorption known as samadhi. Yogi Swatmarama was a 15th and 16th century yogic sage in India. He is best known for compiling the yoga manual Hatha Pradipika or Light on Hatha Yoga.*

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*Swatmarama maintains throughout the text that Hatha Yoga's true purpose is the arousal of the Kundalini, until perfection in Raja Yoga is achieved, i.e. liberation.*

*Drg-Drnya Viveka - An Inquiry Into The Nature Of The 'seer' And The*

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*'seen'*

*East and West*

*L'interpretazione dello spirito del  
dono*

*On the Occasion of 10th World  
Sanskrit Conference, Bangalore,  
Jan 3-9, 1997*

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## *Hatha Yoga Pradipika*

Un'opera ricca e accurata,  
con saggi di alcuni fra i  
migliori specialisti  
italiani. Giuliano  
Boccali, "Il Sole 24 Ore"

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Una aggiornata visione d'insieme di una grande realtà religiosa destinata a recitare una parte importante anche nell'attuale confronto interculturale. Questo



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volume abbraccia la lunga parabola storica dello hinduismo, la ricca complessità di miti e rappresentazioni, le scuole filosofiche, le pratiche ascetiche, le

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forme devozionali che conservano ancor oggi, per l'immaginario occidentale, un fascino misterioso e intramontabile.

Quest'opera di Paul Sédir sullo yoga (una tra le

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prime in assoluto comparse  
in Europa) viene qui  
presentata per la prima  
volta in forma  
accettabile, con il testo  
francese a fronte. Sia il  
testo originale che la

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traduzione sono stati infatti accuratamente rivisti e corretti (ed ampiamente annotati) da Dario Chioli, dopo che per più di cent'anni hanno circolato in edizioni

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piene di errori  
tipografici e di  
traduzione. Con ciò si è  
voluto onorare la memoria  
di un ricercatore sincero  
che - già appassionato  
occultista, amico di Papus

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e di Stanislas de Guaita  
nonché autore di un  
celebre libro sui  
Rosacroce - dopo  
l'incontro con il  
taumaturgo Maître Philippe  
di Lione, elaborò una

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nuova visione del mondo  
più misticamente  
caratterizzata. Questo  
libro riporta alcune  
tradizioni e fonti  
altrimenti poco note sia  
in Italia che in Francia

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ed è tra i primi testi in cui, sulla scorta di Louis Jacolliot e Saint-Yves d'Alveydre, ben prima di Guénon, si fa cenno alle tradizioni relative ad Agartth



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On the fundamentals of  
Hatha Yoga; critical  
edition with English  
translation.

The Heart of Yoga  
Man's Eternal Quest  
Hinduismo

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Yoga Anatomy

The Encounter Between  
Contemporary Faiths and  
Archaic Realities

Yoga Mala

***W. E. B. Du Bois was a public  
intellectual, sociologist, and***

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***activist on behalf of the African American community. He profoundly shaped black political culture in the United States through his founding role in the NAACP, as well as internationally through the***

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***Pan-African movement. Du Bois's sociological and historical research on African-American communities and culture broke ground in many areas, including the history of the post-Civil War***

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***Reconstruction period. Du Bois was also a prolific author of novels, autobiographical accounts, innumerable editorials and journalistic pieces, and several works of history. One of the most***

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***neglected and obscure books  
by W. E. B. Du Bois, In Battle  
for Peace frankly documents  
Du Bois's experiences  
following his attempts to  
mobilize Americans against the  
emerging conflict between the***

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***United States and the Soviet Union. A victim of McCarthyism, Du Bois endured a humiliating trial-he was later acquitted-and faced political persecution for over a decade. Part autobiography and part***

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***political statement, In Battle  
for Peace remains today a  
powerful analysis of race in  
America. With a series  
introduction by editor Henry  
Louis Gates, Jr., and an  
introduction by Manning***



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***Marable, this edition is essential for anyone interested in African American history. This textbook provides coverage of the fundamental concepts which make up the foundation of operating***

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***systems and also gives practical experience with a fully functioning instructional operating system called NACHOS. This edition also features new chapters on the history of the operating***

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***systems and on computer ethics, as well as a further case study on WindowsNT. Memory management, including modern computer architectures and file system design and implementation are***

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***also covered. Common operating systems (MS-DOS, OS/2, Sun OS5 and Macintosh) are used throughout to illustrate concepts and provide examples of performance characteristics.***

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***2010 Reprint of 1924 Edition.  
In 1924 Spalding published  
this first and most important  
volume of Life and Teaching of  
the Masters of the Far East. It  
describes the travels to India  
and Tibet of a research party***

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***of eleven scientists in 1894. During their trip they claim to have made contact with "the Great Masters of the Himalayas," immortal beings with whom they lived and studied, gaining a fascinating***

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***insight into their lives and spiritual message. This close contact enabled them to witness many of the spiritual principles evinced by these Great Masters translated into their everyday lives, which***

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***could be described as 'miracles'. Such examples are walking on water, or manifesting bread to feed the hungry party. These books have remained consistently popular with spiritual seekers,***



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***those interested in the philosophy of the East and those who enjoy a good story because of their accessible nature and easy-to-follow format. However, despite most of the action taking place in***

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***India, the Great Masters make it clear that the greatest embodiment of the Enlightened state is that of the Christ (as personified by Jesus): "The Masters accept that Buddha represents the***

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***Way to Enlightenment, but they clearly set forth that Christ IS Enlightenment, or a state of consciousness for which we are all seeking - the Christ light of every individual; therefore, the light of every***

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***child born into the world."***

***L'Imitazione di Shankara***

***Sanskrit Studies Outside India***

***Yoga Self-Taught***

***Yoga and Ayurveda***

***The Hatha Yoga Pradipika***

***Il Fuoco e la Luna***

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Se vogliamo trovare la descrizione delle vere tecniche tantriche non dobbiamo cercare nel Kamasutra o in compendi sull'Arte Amatoria, ma nei manuali di hathayoga. Tra

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questi il più antico e il più diffuso è lo Hathayogapradipika che nella terza parte descrive, con una chiarezza devastante, le pratiche erotiche. Niente

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a che vedere con le  
evoluzioni acrobatiche  
degli amanti del  
Kamasutra: lo  
Hathayogapradipika ("la  
Lucerna dello hathayoga")  
parla esclusivamente di

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cosa fare, di come farlo e di quali effetti si debbano sperimentare. Le istruzioni sono così chiare e dirette che non lasciano spazio a nessuna interpretazione simbolica



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o allegorica e sono, senza  
ombra di dubbio, descritte  
come tecniche di Alchimia  
Interiore. Perché questo è  
lo Yoga Tantrico: Alchimia  
Interiore.

364.169

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AutoRicerca è una pubblicazione la cui missione è diffondere scritti di valore sul vasto tema della ricerca interiore. Questo quindicesimo numero

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contiene due testi scritti da Massimiliano Sassoli de Bianchi. Il primo è una versione dello Yoga Darshana di Patanjali, dove l'autore ha cercato di rendere le "formule" di

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Patanjali massimamente esplicite e auto-evidenti. Il secondo è un vero e proprio manuale di pratica, ampiamente illustrato, in cui vengono esposte in modo chiaro ed

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accurato numerose tecniche  
di base dell'antica  
scienza dello Yoga.  
Il tempo dello yoga.  
Passato e futuro di una  
filosofia del corpo  
Myths, Dreams, and

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Mysteries

Il segreto

dell'insegnamento di Shiva

a Vasugupta

AutoRicerca - Numero 15,

Anno 2018 - S^dh^na

Moola Bandha

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rivista di cultura