



Respirar la vida (Spanish Edition)

By Dan Brule

Urano. Paperback. Condition: New. 224 pages. El líder del movimiento de respiración espiritual Dan Brul defiende en este libro el poder increíble de la respiración para sanar nuestro cuerpo, potenciar nuestra mente y mejorar el espíritu. Y nos enseña a gestionarlo gracias a una serie de ejercicios concretos que, aunque beben de fuentes muy diversas, el autor ha ido haciendo suyos. Este es un manual práctico en el que el autor ha destilado sus 46 años de aprendizaje y práctica en el campo del Trabajo de Respiración. Respirar bien le parece clave en cualquier proceso de auto-sanación y auto-mejora, de modo que desea que aprendamos a hacerlo para conseguir mejorar nuestra salud y desarrollar nuestro potencial al máximo. Con este objetivo en mente, promete compartir todos los ejercicios, técnicas, meditaciones e historias que lleva enseñando en todos sus años de dar a conocer la Terapia de la Respiración por el mundo. Reduce stress and anxiety, increase your productivity, detox your body, balance your health, and find the path to greater mindfulness. In this handbook, world-renowned pioneer of breathwork Dan Brul shares for the first time his Breath Mastery technique that has helped more than 100,000 people worldwide. This item...



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