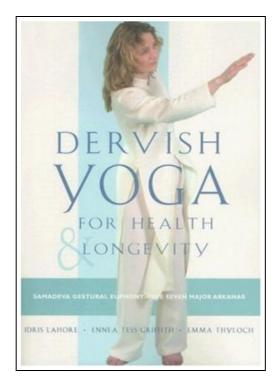
Dervish Yoga for Health and Longevity: Samadeva Gestural Euphony - the Seven Major Arkanas (Paperback)



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Reviews

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

(Gavin Bosco IV)

DERVISH YOGA FOR HEALTH AND LONGEVITY: SAMADEVA GESTURAL EUPHONY - THE SEVEN MAJOR ARKANAS (PAPERBACK)



Hays (Nicolas) Ltd ,U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Just about every kid has experienced the euphoria of spinning around, arms outstretched. The Sufi dervishes harnessed this joyful movement in their ecstatic celebration of and union with the divine. Thanks to Idris Lahore, the art, philosophy and science of the movements of Samadeva, as they have been taught and practised by the dervishes in their secret brotherhood since ancient times, are now available to Westerners. DERVISH YOGA FOR HEALTH AND LONGEVITY details the seven fundamental arkana, or sacred exercises, of Samadeva, which are similar to the movements of yoga, T ai Chi Ch uan and dance. The exercises are simple and extraordinarily revitalising. They rebalance the psyche, slow down the aging process, regenerate the spirit and fortify the body, bringing it health, energy, suppleness and harmony. Each arkana corresponds to one of the major energy centres, or chakras, in the body and the authors include extensive information about each chakra and the effects of the exercises upon them. Illustrated by numerous detailed photographs. These use the ancient practice of Samadeva to rebalance, re-centre and revitalise your life! These exercises can be easily learned in just ten minutes a day.

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