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O leitor encontrará ensinamentos sobre:

1. mudrá gesto reflexológico feito com as mãos;
2. pújá retribuição ética de energia; trânsito energético;
3. mantra vocalização de sons e ultra-sons;
4. pránáyáma expansão da bioenergia através de respiratórios;
5. kriyá atividade de purificação das mucosas;
6. ásana procedimento orgânico;
7. yôganidrá técnica de descontração;
8. samyama concentração, meditação e samádhi.

Encontrará também esclarecimentos sobre Ásana Yôga, Rája Yôga, Bhakti Yôga, Karma Yôga, Jñána Yôga, Layá Yôga, Mantra Yôga, Tantra Yôga, Suddha Rája Yôga, Kundaliní Yôga, Siddha Yôga, Kriyá Yôga, Yôga Integral, Yôga Clássico e Hatha Yôga.

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