



## Vyayama Yoga: The Art of Dynamic Breathing

By Javier Plazas

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.

Softcover. Book Condition: New. Vyayama Yoga is an energetic and curative exercise, easy to practise by any person of any age. Its exercises are easy to perform and provide great benefits, due to the continuous coordination between movement and breath. Even though it originated in ancient India prior to the time of Buddha, the persecution the masters and the schools were subjected to, firstly by the Muslims and then by the British Raj, helped contribute to its disappearance. The basis of its knowledge is found in many tantra texts, but only a few direct vestiges have survived and have been passed down through time, such as certain sculptures and carvings in some temples of India. This book will become a historical document, for being the first methodological Vyayama book ever published, not only in Spain, but in the whole world. The book will open the door to a universe of possibilities capable of improving and transforming the quality of life, health and well-being of the practitioner. Printed Pages: 162.



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