



Taoist Yoga and Sexual Energy: Transforming Your Body, Mind, and Spirit

By Eric Yudelove

Llewellyn Publications. Paperback. Condition: New. 312 pages. Dimensions: 9.9in. x 7.0in. x 0.7in. When most people think of the term yoga, they think of the body-stretching techniques from India. But there are many different forms of yoga, including techniques practiced in secret by the Taoist masters in the Far East. Some of the most important, yet previously secret techniques of Taoist Alchemy and Sexual Kung Fu are revealed for the first time by Taoist Master Eric Steven Yudelove in Taoist Yoga and Sexual Energy. This is not just a book, it is an entire, fourteen-week course in alchemy, healing, and magick. Perhaps the most important part of this is learning how to manipulate the body's mysterious energies. In order to do this you will learn many breathing techniques, including hair breathing, reverse breathing, bone marrow breathing, and several more. You'll learn the amazing secrets of Chi Gung, including standing, sitting, lying, and moving forms. In the West, most people think of sounds as merely being music or, when put together in words, a way to communicate. But here you will learn that there are six special healing sounds. Each is associated with a body organ (or, more accurately, the functioning of...



READ ONLINE
[1.24 MB]

Reviews

A top quality pdf and also the font applied was fascinating to learn. it was actually writtern extremely properly and valuable. I discovered this publication from my i and dad recommended this publication to find out.

-- **Jan Schowalter**

The most effective publication i at any time read. We have study and i am sure that i will likely to read yet again once again in the foreseeable future. You will not truly feel monotony at anytime of your time (that's what catalogs are for about in the event you request me).

-- **Mr. Rafael Hoeger**

Other Kindle Books



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...