



## Tibetan Power Yoga: The Essence of All Yogas a Tibetan Exercise for Physical Vitality and Mental Power

By Jutta Mattausch

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2000. Softcover. Book Condition: New. The "Tibetan Power Yoga" is A set of motions to give physical vitality and mental power. This book exhorts to follow an inner path of wisdom that lies concealed in every soul and waits only to be revealed. This has been considered the essence of all yogas for thousand years. The Tibetans` deep wisdom and humorous composure are an expression of their daily spiritual practice. It helps to develop the perfect merging of mind, body and soul. It deals with the journey to the self. Whether you arrive at yourself and then perhaps also find yourself, depends on your willingness to open up. Printed Pages: 113.



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