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[PDF] Selvarajan Yesudian Selvarajan Yesudian is a native of India who built up his own frail health by practicing Yoga Mr Yesudian and his colleague, Elisabeth Haich, published Yoga and Health to explain the value of these ancient teachings in modern life Yoga and Health: Selvarajan Yesudian...

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Auf den Spuren von Selvarajan Yesudian

Selvarajan Yesudian und Elisabeth Haich Am 25 Februar 1916 wurde Selvarajan Yesudian als Sohn eines indischen Arzt-Ehepaares in Indien, in Sholinghur nördlich von Madras geboren In seiner ...

Selvarajan Yesudian und ein halbes Jahrhundert ...

Selvarajan Yesudian, zumindest in späteren Jahren, wahrscheinlich weniger die fast obsessive Aktivität des Vivekananda sondern eher die Ruhe und Mystik eines Ramana Maharshi In den letzten Jahrzehnten seines Wirkens war Selvarajan Yesudian ...

Selvarajan YESUDIAN Elisabeth HAICH - Makon

Selvarajan YESUDIAN & Elisabeth HAICH SPORT A JÓGA Přeloženo podle X vydání z roku 1960 Verlag: Eduard Fankhauser, Thielle, Neuchatel, Schweiz Do té doby vyšlo 315 000 výtisků v ...

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HATHA-YOGA

Selvarajan Yesudian je u našoj prvoj zajedničkoj knjizi „Sport i yoga" izložio jednostavne klasične hatha-yoga vježbe koje je bez obzira na zdravstveno stanje ili dob s mnogo uspjeha i bez opasnosti mogao ...

Elisabeth Haich - Initiation [English, illustrated - proof...]

SELVARAJAN YESUDIAN Zurich, April 1962 CONTENTS Author's Note page 7 Foreword 9 Introduction 15 1 Awakening 19 2 Lion and Light 27 3 My Parents are not 'My' Parents 30 4 Sunrise is Different ...

Sexual Energy Yoga Elisabeth Haich Allen

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