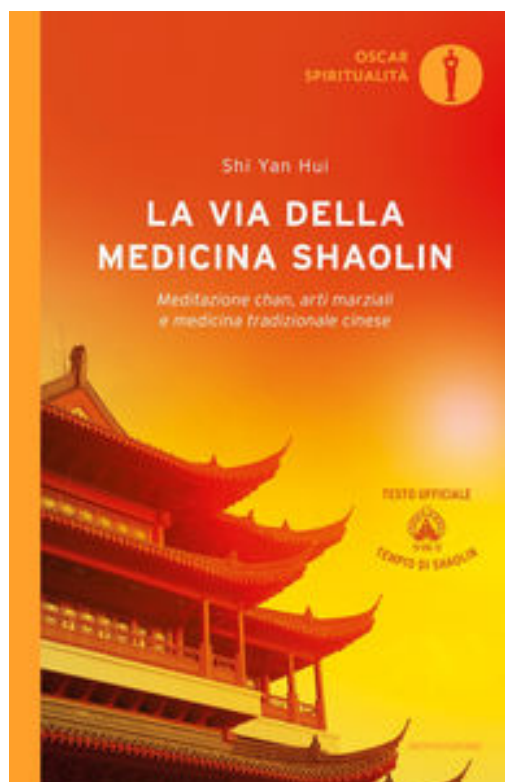


Leggere La Via Della Medicina Shaolin Ebook Gratuito PDF/EPUB/mobi - Shi Yan Hui



leggere La via della medicina shaolin Ebook gratuito PDF/EPUB/mobi Shi Yan Hui , Una sintesi tra la filosofia del Buddhismo, arti marziali e medicina tradizionale cinese è il Tempio di Shaolin, in Cina, culla della filosofia chan e luogo sacro del Kung Fu: gli esercizi e gli allenamenti Shaolin sono da millenni alla base del benessere ottenuto attraverso la pratica della meditazione, delle arti marziali e l'osservanza degli insegnamenti della medicina tradizionale cinese qui illustrata nei suoi fondamenti culturali, nei suoi principi basilari e nelle sue pratiche. Un bagaglio di conoscenze prezioso soprattutto nel nostro mondo frenetico e stressante, finalmente alla portata di tutti e senza misteri.

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