

Meditation For Beginners

Madame Missou

Compact



Meditation For Beginners 15 Helpful Exercises For Natural Balance

Guillaume Favre



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Martial Arts Claudio A. Iedwab,Roxanne L. Standefer,2000 Martial Arts Mind Body combines the best mental and physical training principles of various martial art forms to enhance performance Centered on the Japanese concept of kiai the book explains how to unite your mental physical and spiritual energies As a result you will be able to sharpen concentration and awareness improve your ability to learn new skills perform better in training and competition and remain focused under stress As you learn how to integrate the energy of the mind and body you will increase your resistance to fatigue discomfort and distraction You ll also learn techniques to control the body s responses to respiration metabolism and muscle relaxation

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