

Asana Pranayama Mudra Bandha Satyananda Saraswati

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Asana Pranayama Mudra Bandha Satyananda

A mudra (/ m u ' d r a : / ()); Sanskrit: मुद्रा, IAST: mudrā, "seal", "mark", or "gesture"; Tibetan: རྒྱལ་ལྔ་ལྔ་ལྔ་, THL: chakgya,) is a symbolic or ritual gesture or pose in Hinduism, Jainism and Buddhism. While some mudras involve the entire body, most are performed with the hands and fingers. As well as being spiritual gestures employed in the iconography and ...

Mudra - Wikipedia

An asana is a body posture, originally and still a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercise, to any type of position, adding reclining, standing, inverted, twisting, and balancing poses. The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable". Patanjali mentions the ability to sit for extended ...

Asana - Wikipedia

Nadi Shodhanana, also known as Alternate Nostril Breathing, is a powerful breathing practice with wide-reaching benefits. Nadi is a Sanskrit word meaning "channel" or "flow" and shodhana means "purification." Therefore, nadi shodhana is primarily aimed at clearing and purifying the subtle channels of the mind-body organism, while balancing its masculine and feminine aspects.

Nadi Shodhana Pranayama - Banyan Botanicals

O Yoga em Movimento foi criado porque acreditamos no seu potencial e sabemos que todos aqueles que buscam o aperfeiçoamento pessoal estão a um passo do sucesso.

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