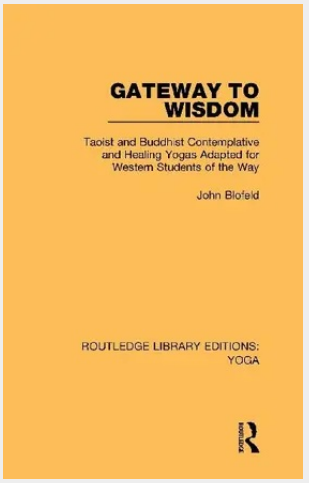
Blofeld

Gateway to Wisdom

Taoist and Buddhist Contemplative and Healing Yogas Adapted for Western Students of the Way

This book, first published in 1980, comprises separate sections on Taoist and Buddhist contemplative yogas, each divided into a theory part (summarising their fundamental principles and outlook) and a practice part (detailing their various practices).

This book, first published in 1980, comprises separate sections on Taoist and Buddhist contemplative yogas, each divided into a theory part (summarising their fundamental principles and outlook) and a practice part (detailing their various practices).



209,10 €
209,10 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781138390959
Medium: Buch
ISBN: 978-1-138-39095-9
Verlag: Routledge
Erscheinungstermin: 21.11.2018
Sprache(n): Englisch
Auflage: 1. Auflage 2018
Serie: Routledge Library Editions: Yoga
Produktform: Gebunden
Gewicht: 461 g
Seiten: 226
Format (B x H): 161 x 240 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)