



Oddech Światła: Przemień swoje zdrowie fizyczne, poznawcze i emocjonalne dzięki nauce starożytnych praktyk oddechowych jogi

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Opis

The Illuminated Breath: Transform Your Physical, Cognitive & Emotional Well-being by Harnessing the Science of Ancient Yoga Breath Practices

Producent: Victory Belt Publishing

- **temat:** Popular medicine & health, HEALTH & FITNESS / Yoga, HEALTH & FITNESS, Yoga, BODY, MIND & SPIRIT / Mindfulness & Meditation, BODY, MIND & SPIRIT, Mindfulness & Meditation, MEDICAL / Allied Health Services / Respiratory Therapy, MEDICAL, Allied Health Services, Respiratory Therapy, Yoga for exercise, Mind, body, spirit: meditation and visualization, Mindfulness, Respiratory medicine, yoga;health;spirituality;meditation;health and fitness;mindfulness;buddhism;fitness;wellness;healing;health and wellness;yoga book;zen;happiness;medicine;yoga books;health books;fitness books;self help books;mindfulness for beginners;meditation for beginners;yoga poses;anger;spiritual books;breathing;gratitude;medical books;self improvement books;meditations;breath;adhd;yoga for beginners;forgiveness;add;meditation books;chair yoga;yoga cards;restorative yoga;mindfulness meditation, BODY, MIND & SPIRIT / Mindfulness & Meditation, Body, Mind & Spirit/Mindfulness & Meditation, HEALTH & FITNESS / Yoga, Health & Fitness/Yoga, MEDICAL / Allied Health Services / Respiratory Therapy, Medical/Allied Health Services - Respiratory Therapy, SELF-HELP / Meditations, Mind, body, spirit: meditation and visualization, Mindfulness, Popular medicine and health, Respiratory medicine, Yoga for exercise
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