



Kriya Yoga de Swami Yogananda de 1930 (Spanish Edition)

Swami Yogananda

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Swami Yogananda (5 enero 1893-7 marzo 1952), nació Mukunda Lal Ghosh, y más tarde conocido también como Paramahansa Yogananda, se le atribuye la introducción de la ciencia del Kriya Yoga al Occidente.

Esta es una traducción fiel y exacta de su laboro del año 1930 con formato de dispositivos Kindle. Contiene descripciones detalladas y las instrucciones de las siguientes técnicas:

- (1) Kriya Propio - La técnica básica Kriya Pranayama
- (2) Maha Mudra - Técnica preparatoria de Kriya Propio
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