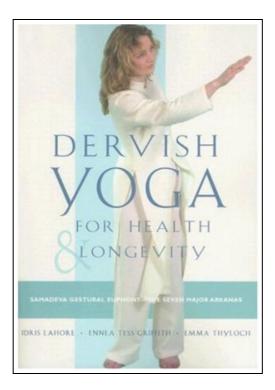
## Dervish Yoga for Health and Longevity: Samadeva Gestural Euphony - the Seven Major Arkanas (Paperback)



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### Reviews

*This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throgh reading time. Your life span will be enhance when you complete looking at this publication. (Laurence Littel)* 

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Hays (Nicolas) Ltd ,U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Just about every kid has experienced the euphoria of spinning around, arms outstretched. The Sufi dervishes harnessed this joyful movement in their ecstatic celebration of and union with the divine. Thanks to Idris Lahore, the art, philosophy and science of the movements of Samadeva, as they have been taught and practised by the dervishes in their secret brotherhood since ancient times, are now available to Westerners. DERVISH YOGA FOR HEALTH AND LONGEVITY details the seven fundamental arkana, or sacred exercises, of Samadeva, which are similar to the movements of yoga, T ai Chi Ch uan and dance. The exercises are simple and extraordinarily revitalising. They rebalance the psyche, slow down the aging process, regenerate the spirit and fortify the body, bringing it health, energy, suppleness and harmony. Each arkana corresponds to one of the major energy centres, or chakras, in the body and the authors include extensive information about each chakra and the effects of the exercises upon them. Illustrated by numerous detailed photographs. These use the ancient practice of Samadeva to rebalance, re-centre and revitalise your life! These exercises can be easily learned in just ten minutes a day.

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