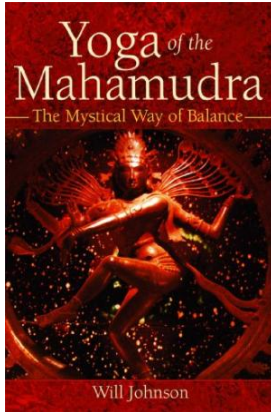


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YOGA OF THE MAHAMUDRA: THE MYSTICAL WAY TO BALANCE



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Yoga of the Mahamudra: The Mystical Way to Balance, Will Johnson, Mahamudra literally the great gesture is often looked upon as the highest manifestation of consciousness known within the Tibetan Vajrayana tradition. In YOGA OF THE MAHAMUDRA Will Johnson explains how it is possible to bring forth the condition of Mahamudra naturally by utilizing the mystical yoga of balance to create what he calls the embodied cross. He presents...

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