



# Yantra Yoga: Tibetan Yoga of Movement

By Chogyal Namkhai Norbu

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Chögyal Namkhai Norbu, one of the great living masters of Dzogchen and Tantra, started transmitting this profound Yoga in the seventies and at that time wrote this commentary, which is based on the oral explanations of some Tibetan yogins and siddhas of the twentieth century. All Western practitioners will benefit from the extraordinary instructions contained in this volume.

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## Yantra Yoga: Tibetan Yoga of Movement By Chogyal Namkhai Norbu Bibliography

- Sales Rank: #501042 in Books
- Brand: Brand: Snow Lion
- Published on: 2008-12-16
- Released on: 2008-12-16
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.06" w x 5.98" l, 1.24 pounds
- Binding: Paperback
- 416 pages

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"Such a beautiful book about a system of practice that involves bodily movements, breathing exercises, and visualizations. We learn to twist like a conch, arch like a camel, flame like a lotus, curve like a bow—and know exactly why we are doing it. . . . All Western practitioners will benefit from the clear and precise instructions."—*Mandala Magazine*

"The definitive work on yantra. . . . Practitioners of hatha yoga will be interested."—*Shambhala Sun*

"An enthusiastically recommended addition to Tibetan Buddhist studies shelves."—*Wisconsin Bookwatch*

"This is a must-have for anyone interested in an authentic lineage of hatha yoga practice."—*Yoga + Joyful Living*

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Chögyal Namkhai Norbu is one of the great living masters of Dzogchen. He was a professor at the Oriental Institute of the University of Naples, Italy, and is the author of *The Crystal and the Way of Light* and *Dzogchen: The Self-Perfected State*.

Adriano Clemente first studied Yantra Yoga with Chogyal Namkhai Norbu in the 1970s. He is the co-author of *The Supreme Source*.

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