



Que Tout Ce Qui Respire

David N Plotkin

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LES SECRETS DES MAÎTRES RUSSES DE LA RESPIRATION UN NOUVEAU MANUEL REVOLUTIONNAIRE QUI REVELE LES TECHNIQUES RESPIRATOIRES SECRETES DU SYSTEMA RUSSE TRADITIONNEL. Né dans la discipline des anciens guerriers saints de Russie, et amené à nous aujourd'hui à travers les rangs de l'élite des forces spéciales modernes, ces principes et techniques testés sur le champ de bataille sont disponibles pour vous pour la première fois. Que vous recherchiez à élever vos capacités athlétiques à un niveau supérieur, ou simplement à augmenter votre potentiel à apprécier la vie, la Respiration du Systema est la garantie de dévoiler une réserve infinie d'énergie, de santé et de bonheur. Ce livre présente, étape par étape, des exercices de formation d'une manière approfondie et complète. Vous apprendrez la méthodologie unique de respiration Systema dont les sept principes qui constituent le fondement de toutes activités physiques de votre vie quotidienne. Facile à lire plein d'histoires divertissantes et d'idées qui suscitent la réflexion. Le livre le plus important que vous devez lire.

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