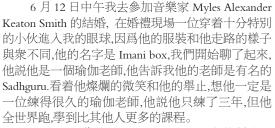


更高境界提供了可能,藉助瑜伽內在科學,使人們的健康、內心成長以及成功等各個方面都得到改善。瑜伽 Inner Engineering,是一把心靈鑰匙,幫助人們處理好工作、生活、交往的各類關係,爲你打開實現自我的大門,以通向自我內心世界。

現在的人們忙碌奔波于工作事業,渴望得到內心平靜。瑜伽 Inner Engineering 能幫助改善健康與活力,減輕壓力,改善專注力與 記憶力,能促進心智的純淨與情感的平衡,提陞並保持全天精力的 高度充沛。還能避免慢性疾病,如哮喘、過敏、竇炎、高血壓、糖尿 病、肥胖症、風濕病、關節炎、癲癇、腰背疼痛、皮膚病、眼疾和偏頭 痛。

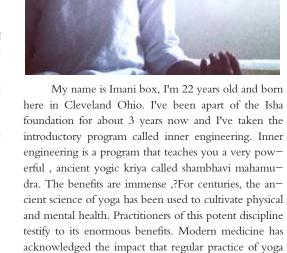
我本人練習瑜伽也有十幾年的時間, 記得早期上課的時候幾乎都是女士,現在有許多男生加入瑜伽課程,它可以幫助人血脈相通,增加身體的柔韌。文:浦瑛

打造身心淨土



Imani box 學的是 Inner Engineering,它的創始人是 Sadhguru(薩古魯.加吉.瓦殊戴夫),它能增長人的心靈情感和生命能量。據説學習 Inner Engineering 能讓人在很短時間里滌淨心靈塵土,找回純眞本性,有助靈性成長.揭示生命本質。

Inner Engineering 有一套專修課程,據說是用物理科學營造外部世界福祉,也有一套完整的內部科學締造內在的福祉。我稱其爲內在工程。內在工程是專注個體的成長。該課程及其周邊環境爲探索生命的



While yoga has become synonymous with physical postures and exercise, it is not limited to that alone. Yoga means that which takes you to a higher dimension or higher perception of life. Yoga is a holistic approach that encompasses overall human wellbeing; body, mind, emotions and energy.

can have on overall health and wellbeing.

Inner Engineering offers a comprehensive process to align your body, mind, emotions and energy. The course includes a daily practice called?Shambhavi Mahamudra Kriya, also known as?Shambhavi Kriya. Shambhavi Kriya?is a simple, but transformative practice which brings about immense physical and psychological benefits, and much more.

Inner Engineering combined with the regular practice of Shambhavi Kriya provides significant benefits for a large variety of health conditions. It doesn't just relieve superficial symptoms but addresses the root cause of ailments, providing you with holistic wellbeing.



