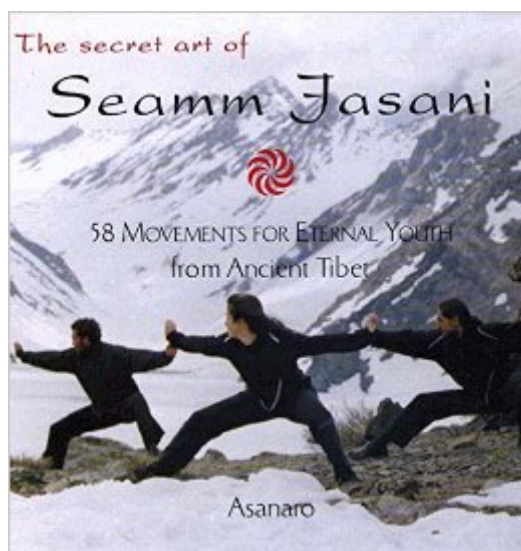


The book was found

The Secret Art Of Seamm Jasani: 58 Movements For Eternal Youth From Ancient Tibet



Synopsis

More than 10,000 years ago in the ancient Himalayan Mountains, an ancestral civilization committed itself to the study and development of the Science and Art for Eternal Youth. A form kept in close secrecy for millennia is now revealed for the first time in this practical and dynamic guidebook. The teachings focus on cultivating the powers of the individual's mind, the harmony of movements, and the discovery of internal potentialities as the ultimate force of self-healing to extend one's lifetime. Comparable to a cross between yoga and tai chi, this ancient Tibetan system is designed to increase vitality, balance, and Inner Energy. The Secret Art consists of slow and fluid movements that improve coordination and strengthen equilibrium between body and mind through various breathing and movement techniques. In particular, Seamm-Jasani is known for its combination of relaxation, active motion, and breathing exercises.

Book Information

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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (35 customer reviews)

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Customer Reviews

I've done various exercise systems over the years and I'd say this one is far beyond all others in terms of giving a workout to the fingers and wrists, major sources of stress in the computer age. It is also a very methodical system, going step by step; for example, one exercise involves the legs, the next adds arm movements, and then another integrates breathing and visualization. It seems to me that there are several key questions when trying to learn exercises from a book: 1. Are the exercises beneficial? 2. Are they explained clearly enough thru static images and words? 3. Are they presented in a way that encourages the learner to continue practicing them regularly? I just completed the 12-week program in the Chart of Pedagogy and enthusiastically answer YES to all three questions.

The system provides a thorough workout, carefully and compassionately filled with reminders not to push oneself. I found the reminders helpful because my initial stance was nowhere nearly as wide as that shown in the cover photo, but it increased as time went on. I should mention here that I'm over 50 years old. The book has only a few minor flaws: a. typo on page 68 (exercise 28 was already introduced in Week 3, so Week 4 should refer to exercise 35 instead) b. exercise 11 on page 98 would be clearer if the arrow arc on the left side was swapped with the one on the right side. c. exercise 33 on page 126 has impossible arrows, which would make sense if the left and right ones were switched. But the exercises constitute only about 100 pages of this 200-page book. If it focused exclusively on them, I'd rate it a 4 plus.

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