

Il Libro dell'Aria e del Respiro (Book of Air and Breath)



Presentation

Ivan Giliberti

Mind, body... and spirit. The reunification of these three words in one energy. A meeting between two different lifestyles: the WEST and the EAST. In this book the **poetic philosophy** and the **yoga** get together to reveal the essence of what it is inside us: the **soul**. The five chapters talk about the elements of our life: **earth, water, fire, air, ether**. Every chapter talks about "chakra", that are the spots of energy in our body: every sections is presented with seven passages with critical and philosophical comments of yoga practice demonstrated by illustrated images. Everyone can do the exercises of meditation daily.

Etty Hillesum, Rainer Maria Rilke, Luce Irigaray, Anna Maria Ortese, Lou Andreas Salomé, Paul Klee, Claris Lispector, Walt Whitman, Maria Zambrano: the authors of the passages that take and involve us with rare spirituality.