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Lire des ebooks L'Art du combat avec son ombre Gregorio Manzur PDF, ePub, mobi, Journaliste, écrivain originaire d'Argentine, Gregorio Manzur s'est installé à Paris en 1965. Il a effectué de longs séjours en Inde et en Chine, s'éveillant à une expérience qui a changé sa vie : le tai-chi, véritable enseignement de l'antique tradition taoïste pour laquelle le corps et l'esprit sont mus par le chi, cette énergie qui imprègne l'univers. Après avoir raconté ses vingt ans d'apprentissage auprès de grands maîtres chinois dans son autobiographie *Les Mouvements du silence*, Gregorio Manzur nous révèle ici les fondements philosophiques et les techniques secrètes du tai-chi et du qigong, ces deux « arts du combat avec son ombre » pratiqués depuis des millénaires par les Chinois et dont l'Occident commence à peine à découvrir les richesses.

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