



Yoga Esencial / Yoga Essential: Mas De 100 Posturas De Yoga Y Meditaciones / An Illustrated Guide to over 100 Yoga Poses And Meditations (Spanish Edition)

By Olivia H. Miller

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Cualquier persona puede practicar yoga, un sistema de crecimiento y desarrollo personal basado en las posturas corporales, la respiración y la concentración. La práctica regular de esta disciplina ayuda a conservar la salud física, la flexibilidad, la juventud y el bienestar mental y emocional. Esta completa guía interactiva, dirigida a los practicantes de yoga de cualquier nivel, supone un enfoque distinto al de los libros habituales sobre esta disciplina, ya que se centra esencialmente en la práctica del yoga. Contiene más de un centenar de posturas y de ejercicios de calentamiento, combinados con ejercicios respiratorios y meditaciones, y te ofrece la información básica necesaria para llevarlos a cabo. Las ilustraciones de las posturas incluyen instrucciones claras, descritas paso a paso, así como los numerosos beneficios físicos, emocionales y espirituales que aporta la práctica regular del yoga. Las instrucciones son fáciles de entender y de consultar durante la propia práctica, y el libro carece de información superflua. Todo ello hará que te resulte más fácil ponerte manos a la obra y empezar a practicar yoga con regularidad.

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