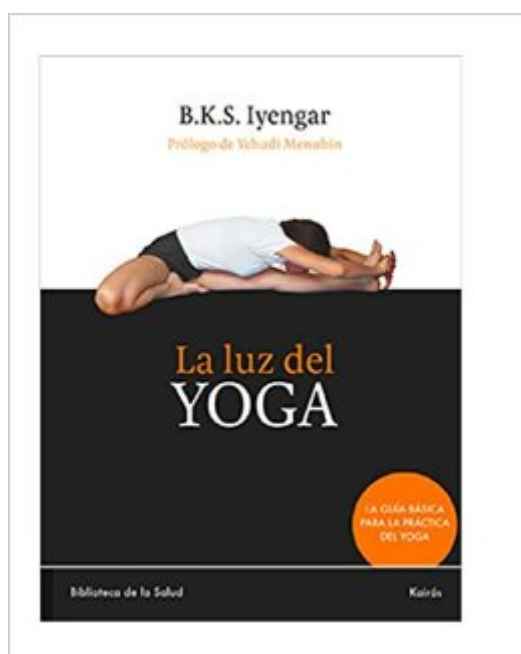


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La Luz Del Yoga (Spanish Edition)



Synopsis

A 35-week Hatha yoga course, starting with the basics and then progressing to an intermediate level, is taught in this yoga instruction manual. Following an introduction to the philosophy and practice of yoga, 57 traditional poses and breathing techniques are presented through a series of carefully selected and arranged photographs. Complete with a glossary of yoga terms, this guide brings the relaxing art of yoga into the privacy of one's home.Â Un curso progresivo de 35 semanas de Hatha yoga, desde el nivel mÃ¡s bÃ¡sico hasta un nivel intermedio, se enseÃ±a en este libro didÃ¡ctico. DespuÃ©s de una introducciÃ³n a la filosofÃ­a y a la prÃ¡ctica del yoga, los estudiantes aprenderÃ¡n las 57 posturas tradicionales y ejercicios de respiraciÃ³n por una serie de fotografÃ­as cuidadosamente situadas junto al texto. Completo con un glosario de tÃ©rminos de yoga, cualquier persona puede aprender el arte de relajarse por medio del yoga en su propio hogar.

Book Information

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Customer Reviews

I've been practicing yoga for about a year. In order to get better at accomplishing asanas, I decided to purchase this book. Every posture is very well explained and accompanied by beautiful pictures of B.K.S. Iyengar. I strongly recommend this book to anyone who wants to deepen their own practice of yoga.

Se supone que la versiÃ³n completa de este libro tiene mÃ¡s de 400 pÃ¡ginas y muchas fotos que no aparecen en esta versiÃ³n "sencilla." Hace aÃ±os comprÃ© Ã©sta sin saber que era la versiÃ³n

abreviada ya que el anuncio no lo menciona de una forma clara. Ahora no tengo ganas de pagar más de 30 dólares para comprar la versión completa publicada por el mismo editorial.

It is a complete guide for practice hatha yoga and a well documented book to understand the fundamentals of these spiritual science...People who want to understand yoga can find in this book what you need to know to began practice yoga.And people who want to improve their practice can find a good guide of asanas.

Im so glad with my new book. I thinking now about the next one. Thank you very much

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