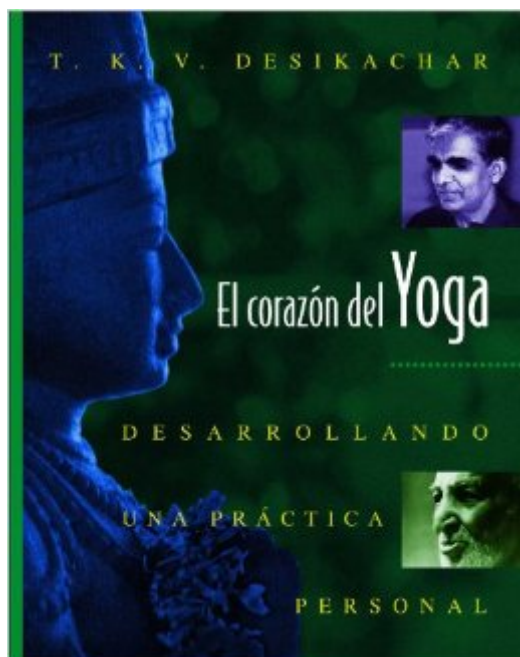


The book was found

El Corazon Del Yoga: Desarrollando Una Practica Personal



Synopsis

The son of a great yogi teaches how to develop a personalized yoga practice — A step-by-step viniyoga yoga sequence adapted to the needs of the individual — A contemporary classic by a world-renowned teacher Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Now his son teaches the full spectrum of his yoga with step-by-step instructions for poses, conscious breathing, meditation, and philosophy—tailored to the practitioner's current state of health, age, occupation, and lifestyle. T. K. V. Desikachar lived and studied with his father all his life and currently teaches at the school founded in his father's memory in Madras, as well as in Europe, the United States, Australia, and New Zealand.

Book Information

Paperback: 272 pages

Publisher: ITI en Espanol; Revised ed. edition (February 15, 2002)

Language: Spanish

ISBN-10: 0892815930

ISBN-13: 978-0892815937

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars — See all reviews (4 customer reviews)

Best Sellers Rank: #979,468 in Books (See Top 100 in Books) #84 in Books > Libros en español > No-Ficción > Filosofía > Oriental #92 in Books > Libros en español > Salud, mente y cuerpo > Ejercicio y Suficiencia Física #296 in Books > Libros en español > Salud, mente y cuerpo > Salud Personal

Customer Reviews

One of the good book of yoga (there are more than enough!). This one was written by the son of Krishnamacharya, the master yogui who salved the Hathayoga from oblivion. I could say that this is a complete book of yoga. One to have for the serious yoga student. To read slowly because is full of knowledge. A treasure.

Una gran obra, que inspira no solo a los que se inician en este sendero (como dijera Osho), sino a los que ya llevan sus años, practicando días tras día, en silencio, experimentando, abriendo puertas... así aparece esta obra que ayuda, aclara e inspira a seguir con humildad y devoción este hermoso sendero que como dijera mi maestra "en algún momento de nuestras vidas, sea en esta o

en otra ya iniciamos".

If you are interested in yoga you have to enjoy and learn from this excellent book . It si also very well translate it into spanish, easy reading!,

Book in excelent condition!

[Download to continue reading...](#)

El corazon del Yoga: Desarrollando una practica personal YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) El Libro Negro del Programador: CÃfÂ mo conseguir una carrera de ÃfÂ©xito desarrollando software y cÃfÂ mo evitar los errores habituales (Spanish Edition) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) La Crianza Practica de Los Hijos: Utilizar La Cabeza, Asi Como El Corazon, Para Criar a Los Ninos En Edad Escolar (Spanish Edition) Ashtanga Yoga: El Manual de La Practica (Ashtanga Yoga: The Practice Manual) (Spanish Edition) Desarrollando Sus Propios Poderes Psiquicos/Developing Your Own Psychic Powers (Spanish Edition) Dubin: Interpretacion de ECG: Metodo Clasico del Dr. Dubin Para Entender los Mensajes Electricos del Corazon (Rapid Interpretation of EKG's) (Spanish Edition) Espiritualidad Andina/ Andean Spirituality: El Sendero del Corazon/ The Path of the Heart (Presencia Del Pasado/ Presence of the Past) (Spanish Edition) En el corazon del cielo - un viaje al misterio Maya del popol vuh (Estudios CrÃfÂ- ticos de Literatura y LingÃfÂ ÃfÂ- stica) (Spanish Edition) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Una Mujer Conforme al Corazon de Dios (Spanish Edition) La voz del conocimiento: Una guia practica para la paz interior (Spanish Edition) La Maestria del Amor: Una Guia Practica para el Arte de las Relaciones

[Dmca](#)