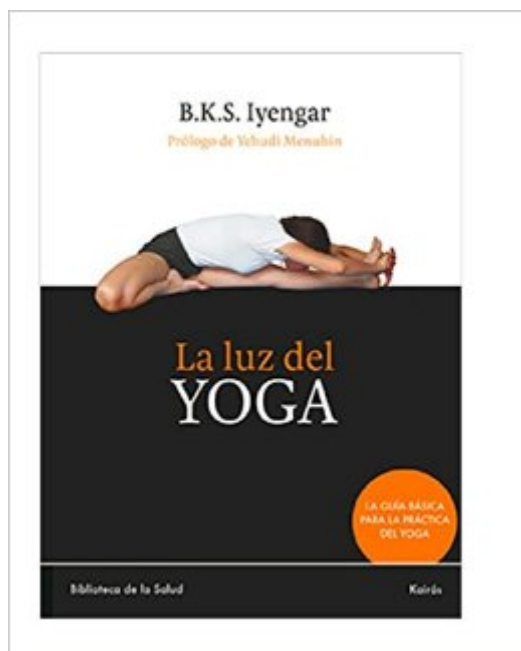


The book was found

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. Un curso progresivo de 35 semanas de Hatha yoga, desde el nivel más básico hasta un nivel intermedio, se enseña en este libro didáctico. Después de una introducción a la filosofía y a la práctica del yoga, los estudiantes aprenderán las 57 posturas tradicionales y ejercicios de respiración por una serie de fotografías cuidadosamente situadas junto al texto. Completo con un glosario de términos de yoga, cualquier persona puede aprender el arte de relajarse por medio del yoga en su propio hogar.

Book Information

Paperback: 194 pages

Publisher: Editorial Kairos; Tra edition (February 1, 2006)

Language: Spanish

ISBN-10: 847245309X

ISBN-13: 978-8472453098

Product Dimensions: 7 x 0.4 x 9.5 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

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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 versión completa de este libro tiene más de 400 páginas y muchas fotos que no aparecen en esta versión "sencilla." Hace años compré esta sin saber que era la versión

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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