



PERFECCIONO MI

YOGA

ANDRÉ VAN LYSEBETH



Perfecciono Mi Yoga Vintage

André van Lysebeth



Perfecciono Mi Yoga Vintage:

Perfecciono mi yoga André van Lysebeth, 2009-09 Uno de los títulos de referencia para los practicantes de este delicado arte firmado por el autor de Aprendo yoga el gran impulsor de sus técnicas milenarias en occidente Con la precisión y claridad características de sus obras el maestro Van Lysebeth invita a los lectores a incorporar a su sesión diaria las prácticas de yoga más avanzadas incluidas la técnica secreta del Kaya Kalpa para rejuvenecer el cuerpo y la meditación y guía Para Van Lysebeth perfeccionar el yoga no consiste en complicarlo sino en hacerlo más eficaz y beneficioso Este clásico de nuestro tiempo permite a cualquier persona en su propia casa y con toda comodidad recuperar el equilibrio físico psíquico y espiritual mediante destrezas reservadas hasta hace poco para los grandes maestros Una obra capital que ha ganado en importancia conforme la práctica del yoga se ha ido extendiendo y que ahora por fin Ediciones Urano vuelve a poner al alcance de sus lectores

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