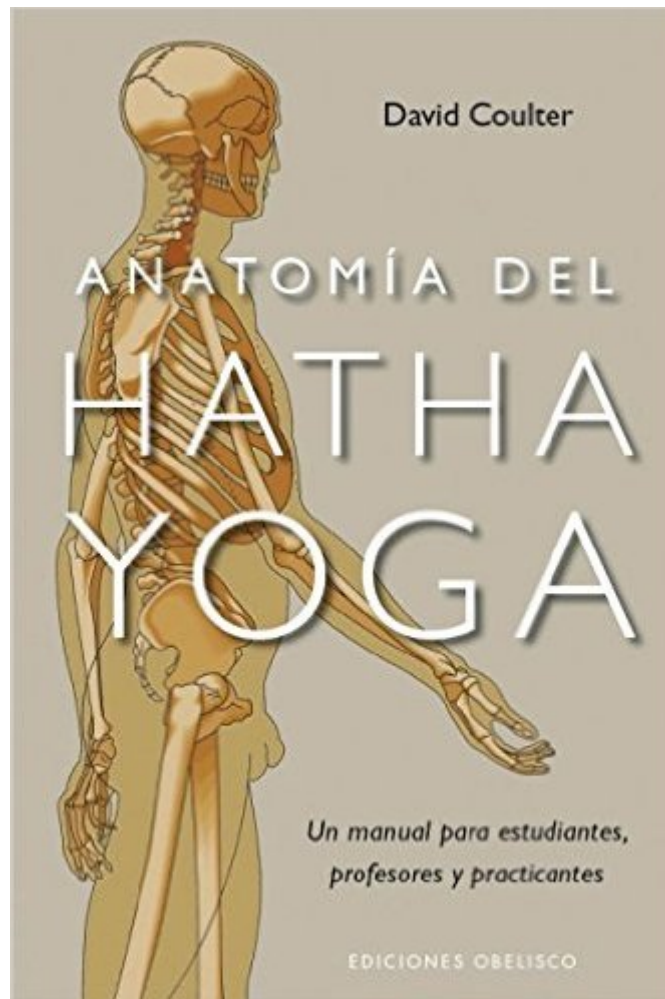


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Anatomia Del Hatha Yoga (Coleccion Salud Y Vida Natural) (Spanish Edition)



Synopsis

En este libro, David Coulter aporta una perspectiva científica occidental a la disciplina milenaria de la India, analizando todas sus implicaciones anatómicas y fisiológicas. Asimismo, nos ofrece una guía exhaustiva y minuciosa de todos los componentes del Hatha Yoga, desde la respiración y las posturas, hasta los mudras y la meditación. Provisto de numerosos consejos y ampliamente ilustrado, este libro representa una fuente indispensable tanto para profesores como para alumnos del Hatha Yoga, así como para todo aquel que desee trabajar con el sistema musculoesquelético. / Hatha yoga is comprised of stretching, strengthening and breathing exercises in upright, lying down and inverted postures. Yoga teachers and students, personal trainers, medical therapists, or anyone who is curious or troubled about how the body responds to stretching and exercise will find in this book a cornucopia of readable and reliable information.

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I'm a Yoga female Professor teaching to Yoga Professor career's students in Argentina, and this book's so helpful to train them!

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