



Yoga para tu salud: Las bases de la salud integral con ejercicios básicos de yoga (Vital) (Spanish Edition)

Eric Baxter

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With numerous yoga poses and advice on proper breathing techniques, this yoga manual is designed to restore the equilibrium between the mind and the body. As readers practice and perfect the exercises and postures provided in this guide, they will notice a decrease in physical and emotional maladies. The book's small format makes it the perfect on-the-go resource for anyone seeking to work toward a stronger body and healthier mind.

Con numerosas posturas de yoga y consejos sobre técnicas apropiadas de respiración, este manual de yoga está diseñado para restaurar el equilibrio entre la mente y el cuerpo. A medida que los lectores practiquen y perfeccionen los ejercicios y las posturas proveídas en esta guía, notarán la disminución progresiva de dolores físicos y emocionales. El formato pequeño del libro hace de éste el perfecto recurso portátil para cualquiera que busque trabajar hacia un cuerpo más fuerte y una mente más sana.

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