

Yoga Integral Posturas Y Contraposturas Pdf

Sri Aurobindo

La biblia del yoga Christina Brown, 2006-10-17 Beyond promoting physical flexibility, yoga distributes a feeling of spiritual and physical health throughout the body. A definitive, integrated guide to practicing yoga, this book teaches how to find a physical and mental equilibrium and introduces more than 170 positions from the primary schools of yoga—including Iyengar and Astanga Vinyasa. As appropriate for beginners as it is for those with a regular yoga practice, this book's illustrations and advice guide readers to find the series of yoga positions that best suit their personal needs and abilities. El yoga no sólo aporta flexibilidad al cuerpo, sino también una sensación de bienestar físico y espiritual. La guía integral y definitiva para practicar el yoga y encontrar un equilibrio físico y mental, este libro presenta más de 170 posturas de las principales escuelas de yoga—incluyendo Iyengar y Astanga Vinyasa. Anima por igual tanto a los principiantes del yoga como a quienes llevan tiempo practicándolo a encontrar una secuencia de prácticas que se ajustan a sus necesidades y capacidades personales.

Yoga y Salud Integral Marco Antonio Márquez Rosique, 2015-05-08 Una guía completa y concisa para lograr la salud integral. La alimentación balanceada, mediante el consumo de los principales grupos de alimentos en la calidad y proporción adecuadas son la base de la salud del cuerpo físico. Se explican las bases fisiológicas del sistema nervioso y del sistema endócrino para comprender porque es importante adoptar un estilo de vida, con hábitos saludables que permitan el correcto descanso del cuerpo físico. El ejercicio también es un elemento clave para mantener la salud física. Se comparan distintas opciones como ejercicios aeróbicos, artes marciales, danza y deportes en equipo, analizando los pros y contras de cada tipo de ejercicio. También se ofrece una secuencia de gimnasia calisténica y se explica paso a paso el tradicional Saludo al sol Suryanamaskar. Los capítulos referentes a las posturas de yoga o ásanas son una guía completa para quien quiera comenzar estas disciplinas, presentando en forma detallada los aspectos más relevantes como la correcta ejecución, beneficios y contraindicaciones. Sin duda un libro invaluable para mejorar la salud de forma holística.

Guía del yoga integral Sri Aurobindo, 1998

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