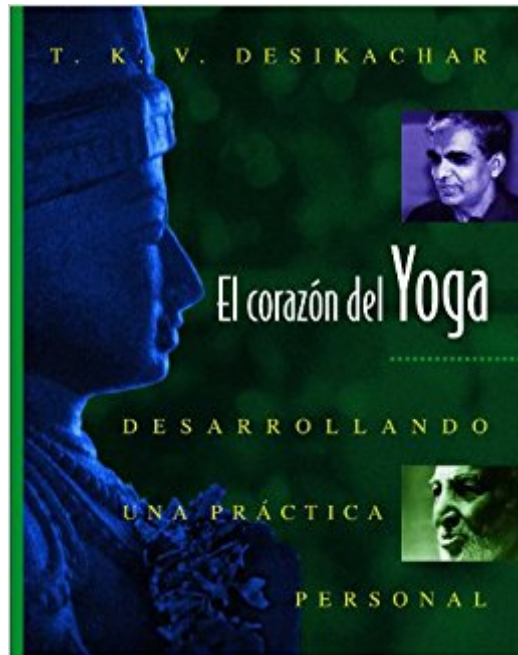




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El Corazon Del Yoga: Desarrollando Una Practica Personal



Synopsis

The son of a great yogi teaches how to develop a personalized yoga practice • A step-by-step viniyoga yoga sequence adapted to the needs of the individual • A contemporary classic by a world-renowned teacher Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Now his son teaches the full spectrum of his yoga with step-by-step instructions for poses, conscious breathing, meditation, and philosophy--tailored to the practitioner's current state of health, age, occupation, and lifestyle. T. K. V. Desikachar lived and studied with his father all his life and currently teaches at the school founded in his father's memory in Madras, as well as in Europe, the United States, Australia, and New Zealand.

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Customer Reviews

One of the good book of yoga (there are more than enough!). This one was written by the son of Krishnamacharya, the master yogui who salved the Hathayoga from oblivion. I could say that this is a complete book of yoga. One to have for the serious yoga student. To read slowly because is full of knowledge. A treasure.

Una gran obra, que inspira no solo a los que se inician en este sendero (como dijera Osho), sino a los que ya llevan sus años, practicando días tras día, en silencio, experimentando, abriendo puertas... así aparece esta obra que ayuda, aclara e inspira a seguir con humildad y devoción este hermoso sendero que como dijera mi maestra "en algún momento de nuestras vidas, sea en esta o

en otra ya iniciamos".

If you are interested in yoga you have to enjoy and learn from this excellent book . It si also very well translate it into spanish, easy reading!,

Book in excelent condition!

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