



Yoga dinamico facile (Italian Edition)

Benedetta Spada

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Yoga dinamico facile, nella sua nuova edizione, rinasce con l'intento di avvicinare il lettore in maniera consapevole e gioiosa ad una pratica utile in ogni giorno della propria vita. Si radica nello yoga come via terapeutica, quindi non solo fine alla pratica sul tappetino, ma piuttosto in ogni istante della vita.

In questa edizione "restaurata" viene rivalutata la pratica vinyasa non solo nel suo fluire di movimenti, ma piuttosto come esperienza meditativa. Dal Saluto al Sole alle sequenze in piedi, dalle posizioni a terra alle asana rovesciate, Yoga dinamico facile diviene testo base nei corsi di formazione tenuti in Italia e all'estero dall'autrice. Include schede di approfondimento che permettono di riacquistare una corretta meccanica respiratoria, base dell'equilibrio psicofisico. Nel corpo, come nella mente, si esprimono molte delle nostre convinzioni, la pratica di vinyasa yoga terapia vuole scardinare quelle credenze limitanti e, attraverso facili tecniche da eseguire quotidianamente, ritrovare se stessi.

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