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El árbol del Yoga es un texto conciso, sencillo y de fácil lectura acerca de lo que el maestro Iyengar entiende por yoga. Iyengar insiste en que el yoga es una senda espiritual que implica algo mucho más hondo que el ejercicio físico. Esta experiencia espiritual se encuentra, no obstante, profundamente enraizada en la práctica. Así, todos los conceptos filosóficos contemplados en el ...

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El reconocido maestro Iyengar habla de cómo el yoga afronta temas como la salud, el amor, la muerte, las experiencias místicas, los maestros y la enseñanza. Esta guía de referencia explica, en términos sencillos y claros, la interpretación de uno de los grandes maestros del yoga.

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Para Iyengar, el árbol de nuestro cuerpo necesita de cuidados, siendo el yoga la semilla del alma que lo habita. Esa semilla representa ocho partes, los cuales a medida que crece, origina las ocho ramas del yoga. Yama, la raíz del árbol. La raíz del árbol del Yoga se denomina Yama, la cual contiene 5 principios: no violencia (ahimsa) amor a la verdad (satya) encontrarse libre de avaricia ...

El árbol del Yoga - Todo Mandala

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El libro más claro, conciso e iluminador acerca del Yoga, tanto en su vertiente más filosófica, como en su lado más práctico. El reconocido maestro Iyengar nos habla de cómo el Yoga afronta temas de salud, de amor, de la muerte, de experiencia mística, de los maestros y de la enseñanza. Un libro imprescindible tanto para los practicantes del Yoga como para aquellos que simplemente quieran conocer la esencia de la espiritualidad hindú.

Beautiful two colour gift package of B.K.S. Iyengar's yoga-based philosophy for life.

When young Arlo accidentally drops a book on the Mayor's head, the Mayor decides books are dangerous and destroys all the books in town! But thanks to Arlo's imagination and perseverance, the Mayor finds that suppressing stories cannot stop them from blossoming more beautifully than ever. This timely allegorical tale will be a useful tool for starting conversations with children about the power of activism and the written word.

Here is a personal tribute to "the father of modern yoga" Sri Tirumalai Krishnamacharya (1888 – 1989), written by one of his longtime disciples.

Krishnamacharya was a renowned Indian yoga master, Ayurvedic healer, and scholar who modernized yoga practice and whose students—including B. K. S. Iyengar, K. Pattabhi Jois, T. K. V. Desikachar, and Indra Devi—dramatically popularized yoga in the West In this book, the author, A. G. Mohan, a well-respected yoga teacher and yoga therapist, draws on his own memories and notes, and Krishnamacharya's diaries and recorded

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material, to present a detailed and fascinating view of the man and his teachings, and his own warm and inspiring relationship with the master. This portrait of the great teacher will be a compelling and informative read for yoga teachers and students who truly want to understand the source of their tradition and practice.

Little Lola is tired of living in her big sister's shadow. But when she starts taking secret flamenco lessons from her Papi, will she find the courage to share her new skill with the world?

Mudras—also playfully called “finger power points”—are yoga positions for your hands and fingers. They can be practiced sitting, lying down, standing, or walking, at any time and place. Schooled in the traditional knowledge of this eastern art of healing, well-known Swiss yoga teacher, Gertrud Hirschi, shows how these easy techniques can recharge personal energy reserves and improve quality of life. These mysterious healing gestures can calm the stress, aggravations, and frustrations of everyday life. Readers will learn how to: Apply these simple exercises to prevent illness and support the healing of a great variety of physical and emotional problems. Use mudras to promote spiritual development. Additionally intensify the effect with breathing exercises, affirmations, visualizations, herbs, nutrition, music, and colors. Also included are several full-body mudras and exercises to enhance any meditation and yoga practice.

Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices,

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massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies

"Do you feel sluggish, mentally exhausted, or disconnected from life? Whether you want to (1) increase your strength and flexibility (2) relieve pain and prevent injury, or (3) reduce stress and become happier, then keep reading to discover how to easily do this with the best yoga positions of all time!"--Amazon.

Incl. illustrations

Accompanying CD contains songs written by Jimmy Dunne.

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