



Dimagrire con lo Yoga e la Respirazione (Italian Edition)

Roberta Grova

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Ma lo yoga fa dimagrire? Quante volte mi sono sentita rivolgere questa domanda dai miei allievi. La risposta è nelle ricerche fatte sino ad oggi, di cui parlerò nel libro, e che confermano che praticare yoga aiuta a perdere peso e può prevenire la crescita di peso tipica della mezza età. In questo libro è spiegata l'importanza di una corretta respirazione, di posture e meditazione, per raggiungere i propri obiettivi. I 40 esercizi illustrati sono divisi in tre sezioni: esercizi per dimagrire e tonificare le varie parti del corpo, esercizi per il colon, per il 1° e 4° chakra.

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