

La meva guia de ioga

My guide to yoga



Author: [Gloria Rosales and Gordana Vranjes](#) [1]

Publisher: [Viena Edicions](#) [2]

Year of Publication: 2008

Pages: 160

ISBN: 978-84-8330-448-8

Genre: Sports and practical book

SPRING

2010

Season: SPRING 2010

My guide to yoga is, above all, an invitation to all those people who believe that yoga might be helpful to them but have never dared to enter a yoga centre because they fear not to be flexible enough or simply because of the uncertainty involved in taking a step into the unknown. But you don't need to be a contortionist to practise yoga, nor feel capable to live in a cave in India, nor grow a long white beard. Just give yourself a chance. This book, especially designed for beginners or those who want to follow a regular practice but don't have the time or possibility to take lessons in a yoga centre, offers the reader the chance to get from thought to action. From the persuasion that yoga is a technique whose benefits can be perceived from the first moment: it makes you more flexible (both bodily and mentally), more serene, calmer and more skilful at managing your own emotions. The book comes with a CD that guides you through 10, 20 and 40 minutes long yoga sessions, followed by relaxation exercises.

Publishing rights available from **Company:** Viena Editorial

Address: C/ Tuset, 13, ext. 3r-1ª - 08006 Barcelona

Contact: Mireia Cererols , Teresa Guilleumes

Phone: (+34) 934 535 500

E-mail: mireiac@vienaeditorial.com [3]

E-mail: teresag@vienaeditorial.com [4]

Website: <http://www.vienaeditorial.com> [5]

Source URL: <http://217.160.225.169/node/1528>

Links:

[1] <http://217.160.225.169/node/1527>

[2] <http://217.160.225.169/node/1525>

[3] <mailto:mireiac@vienaeditorial.com>

[4] <mailto:teresag@vienaeditorial.com>

[5] <http://www.vienaeditorial.com>