



Aprendo Yoga



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Aprendo Yoga

Andre Van Lysebeth

Aprendo Yoga Andre Van Lysebeth

Ediciones Urano recovers this great classic, an indispensable book for individuals who want to start the millennial art of yoga to those who need a guide in their daily meeting. Signed by the great promoter of this delicate subject in the West, Andr Van Lysebeth, I Learn Yoga adapts the techniques of the old masters to the needs of the modern world. Illustrated with many explanatory photographs, offers a thorough description of the basic asanas step by step, with its many variations and techniques for improvement, also showing the main techniques of breathing and relaxation.

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