

# Imparo Lo Yoga

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### **CURRICULUM VITAE**

autrice di diversi testi sullo Yoga : "Yoga e Salute", "Yoga ", "Yoga Ratna" 1992/1993: seminari con Andrè Van Lysebeth, Maestro di Yoga di fama internazionale, autore dei volumi: "Imparo lo Yoga", "Perfeziono lo Yoga", "I miei esercizi di Yoga", tutti della collana Mursia Esperienze di Bioenergetica con il ...

## YOGA

Simone Fanciullo, lo Yoga tibetano di Laura Evangelisti e Pia Barilli, la guida al Panchakarma con Sanjay Pisharodi, l'auto-trattamento craniosacrale con Laura Liina Fantozzi, il potere curativo del cibo condotto dal Dottor Rajesh Shrivastava, lo Yoga che cura con Wanda Vanni e molto altro Yoga e donna YogaFestival, attento all'universo

### **Movimento e benessere - Faido**

cardine che rende lo Yoga "diverso" da altre forme di attività motoria Si raccomanda di praticare le diverse posture procedendo delicatamente e adottando i dovuti accorgimenti per non forzare oltre i propri limiti Bibliografia: Imparo lo Yoga, André van Lysebeth, Ed Mursia Lo Yoga di Yogananda, manuale dell'Ananda Yoga

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