



**Las Siete Leyes Espirituales Del Yoga/ the Seven
Spiritual Laws of Yoga: Guia Practica Para La
Salud Del Cuerpo, La Mente Y El Espiritu / a
Practical ... the Body, Mind and Spirit (Spanish
Edition)**

Deepak Chopra

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EL YOGA ES LA CIENCIA DE LA VIDA BALANCEADA Y EL CAMINO HACIA LA SABIDURÍA Y LA ABUNDANCIA, PUES TIENE LA CAPACIDAD DE UNIR EL CUERPO, LA MENTE Y EL ESPÍRITU, PARA ALINEARLOS COMO UN TODO CON LOS RITMOS DEL UNIVERSO. NACIÓ EN LA INDIA Y ES LA PIEDRA ANGULAR DEL AYURVEDA, LA CIENCIA MILENARIA INDIA DE SANACIÓN. EN ESTE LIBRO, LOS DOCTORES CHOPRA Y SIMON ADEMÁS DE HACER UN RECUENTO DE LAS OCHO RAMAS DEL YOGA, EXPLICAN CÓMO LAS SIETE LEYES ESPIRITUALES DESEMPEÑAN UN PAPEL PRIMORDIAL EN SU PRÁCTICA. LUEGO, LE DAN AL LECTOR LAS HERRAMIENTAS PARA QUE INTEGRE DICHA PRÁCTICA A SU VIDA DIARIA. POR MEDIO DE FOTOS Y EXPLICACIONES. SENCILLAS, USTED APRENDERÁ A MEDITAR, A RESPIRAR CORRECTAMENTE. Y PRACTICAR LAS POSTURAS MÁS IMPORTANTES PARA MEJORAR LA FLEXIBILIDAD, EL EQUILIBRIO, TANTO FÍSICO COMO MENTAL, EL TONO MUSCULAR, LA VITALIDAD Y LA FORTALEZA.

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