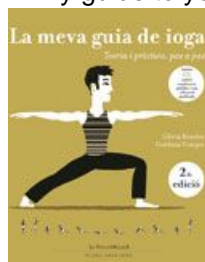


# La meva guia de ioga

My guide to yoga



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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.

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