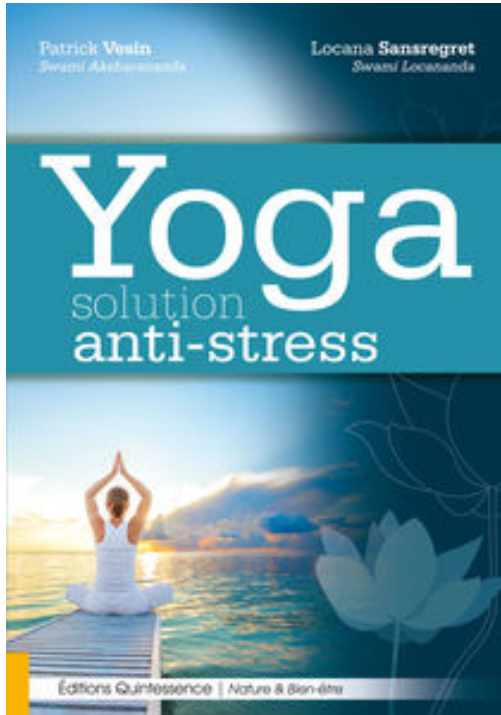


Lire Des Ebooks Yoga - Solution Anti-stress Patrick Vesin & Locana Sansregret PDF, EPub, Mobi



Lire des ebooks Yoga - Solution anti-stress Patrick Vesin & Locana Sansregret PDF, ePub, mobi, Le stress fait partie intégrante de notre existence. Loin de vouloir à tout prix l'éviter, il s'agit avant tout de comprendre son processus afin de trouver les solutions adaptées pour l'appivoiser et en faire notre meilleur allié.

C'est au travers de la pratique du Yoga, présenté ici en tant qu'outil thérapeutique, que cet ouvrage propose des pistes pour gérer son anxiété. S'il constitue une stimulation nécessaire, trop de stress peut également devenir un véritable frein au quotidien. Bien se connaître et connaître ses limites, prendre conscience de ce qui nous entoure, de ce qui n'est pas essentiel à notre vie, apprendre à mieux gérer son temps, identifier ses besoins fondamentaux, s'entourer des bonnes personnes, développer des relations saines ; voici autant de pistes pour arriver à un épanouissement de tout son être. Grâce au Yoga, sa philosophie, ses exercices de respiration et de relaxation, nous découvrons donc comment les soucis peuvent nous affecter sur les plans énergétique, intellectuel, affectif...

En plus d'apporter des solutions concrètes à ces problèmes, ce livre nous amène à une bonne compréhension des notions essentielles du Yoga (les Chakras, le prana énergie vitale...) Un programme sur huit semaines est également présenté pour libérer et équilibrer les mouvements d'énergie afin d'éliminer les tensions accumulées.

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