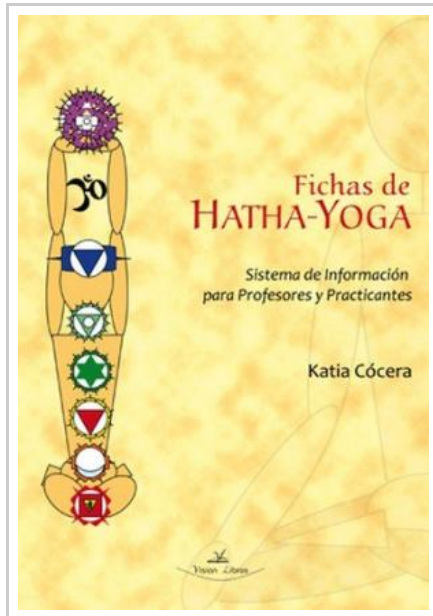



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FICHAS DE HATHA-YOGA: SISTEMA DE INFORMACION PARA PROFESORES Y PRACTICANTES

By CÓCERA, KATIA

VISIÓN LIBROS (GRUPO VISIÓN NET). Encuadernación de tapa blanda. Book Condition: Nuevo. Hatha-Yoga, una práctica de gran alcance El objetivo de esta recopilación de datos es ofrecer al profesorado y otras personas interesadas en la metodología del Hatha-Yoga una formulación sistemática de sus principales elementos, de forma concisa y expresiva, a fin de facilitar su estudio y memorización. Inspiradas en la experiencia docente, su utilidad abarcaría desde la preparación para las pruebas oficiales hasta servir de base orientativa para la tan necesaria investigación científica en este campo, muy especialmente en lo relativo a la salud o Yoga terapéutico. La expresión Hatha-Yoga, "Yoga por fuerza", alude al poder de esta técnica para alcanzar el estado de Unión o estado de Yoga. Su mención escrita más antigua parece ser algún Yoga-Upanishad imposible de datar, como Varaha o Yoga-tattva, pero será un texto del siglo X u XI, el Goraksha Shataka, el primero en tratar de las prácticas, seguido del Hatha (Yoga) Pradipika de Svratmarama, hacia el s. XV. Más adelante se sumarán la recopilación de Gheranda (Gheranda Samhita, siglo XVII) y la anónima denominada Shiva Samhita (siglos XVII-XVIII), aunque hay quien la fecha con anterioridad a las otras obras. Al tratarse principalmente...



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