

El Yoga Latinoamericano

Para aquellos que pensaban que
sólo los orientales eran capaces

Asanas with Props

The ancient yogis used logs of wood, stones, and ropes to help them practice asanas effectively. Extending this principle, Yogacharya Iyengar invented props which allow asanas to be held easily and for a longer duration, without strain.



YOGACHARYA IYENGAR IN SETUBANDHA SARVANGASANA

This version of the posture requires considerable strength in the neck, shoulders, and back, requiring years of practice to achieve. It should not be attempted without supervision



El texto indica que esta postura requiere fortaleza considerable en el cuello hombros y espalda. Requiriendo años de practica para realizarla. No se debe intentar sin supervisión.

www.chistesbromasytonteras.com



La versión latina de esta avanzada postura, no lo intente en casa, sólo para expertos.