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Desarrollar La Resistencia Mental En El Yoga Mediante El USO de la Meditación: Alcance Su Mayor Potencial Mediante El Control de Sus Pensamientos Internos (Paperback)

By Correa (Instructor Certificado En Medita

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****. Desarrollar la Resistencia Mental en el Yoga mediante el uso de la meditacion es una de las mejores formas de alcanzar su verdadero potencial. Comer bien y entrenar son dos de las piezas del rompecabezas, pero necesita la tercera pieza para alcanzar su verdadero maximo de rendimiento. La tercera pieza es dureza mental y puedes obtenerlo a traves de la meditacion. Si observa a los atletas que practican meditacion regularmente encontrara que son, o poseen: -Mas seguridad durante la competicion. - Estres reducido. -Mejor capacidad de concentracion durante largos periodos de tiempo. -Menor fatiga muscular. -Tiempos mas veloces de recuperacion despues de competir o entrenar.-Mayor resiliencia. -Mayor y mas equilibrio en el desempeno bajo presion. Que mas se puede pedir? Cuando se considera desbloquear el verdadero potencial, son muchos los atletas que se centran en el aspecto fisico y nutricional. Los objetivos de una preparacion profesional, a menudo, pasan por alto el potencial interno, capaz de conseguirse a traves de practicas como la meditacion y la visualizacion. Es comun ver beneficios o mejoras fisicas debido a entrenamientos fisicos, pero lo...



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