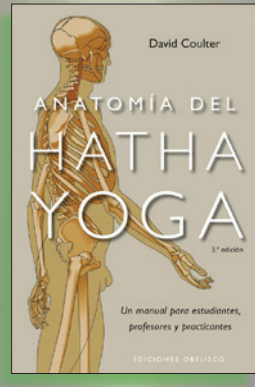


# YOGA 2020

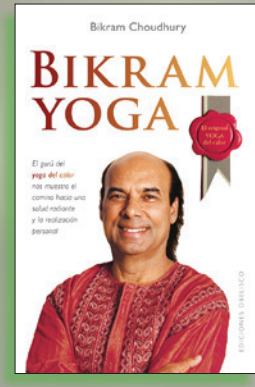
## ANATOMÍA DEL HATHA YOGA



24,04 €  
25,00 €

David Coulter

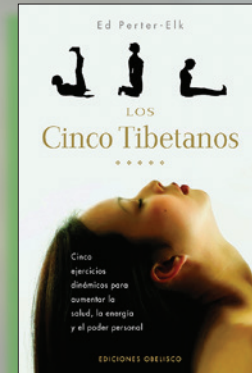
## BIKRAM YOGA



19,18 €  
19,95 €

Bikram Choudhury

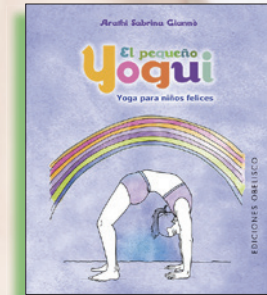
## LOS CINCO TIBETANOS



9,62 €  
10,00 €

Ed Perter-Elk

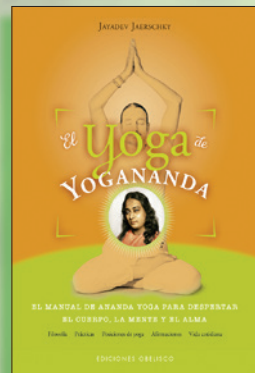
## EL PEQUEÑO YOGUI



19,01 €  
23,00 €

Arathi Sabrina Giannò

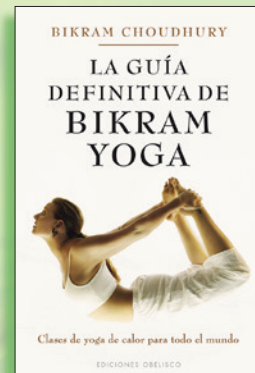
## EL YOGA DE YOGANANDA



20,19 €  
21,00 €

Jayadev Jaerschky

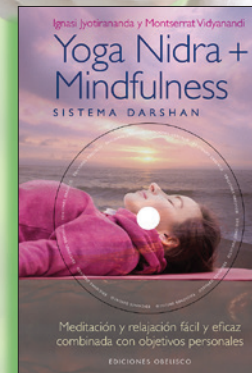
## LA GUÍA DEFINITIVA DE BIKRAM YOGA



12,74 €  
13,25 €

Bikram Choudhury

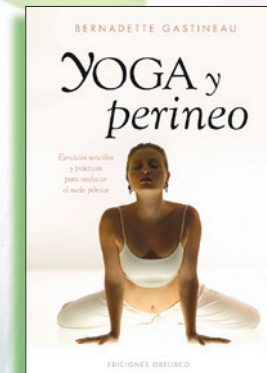
## YOGA NIDRA + MINDFULNESS



14,41 €  
14,99 €

Ignasi Jyotirananda y Montserrat Vidyandandi

## YOGA Y PERINEO



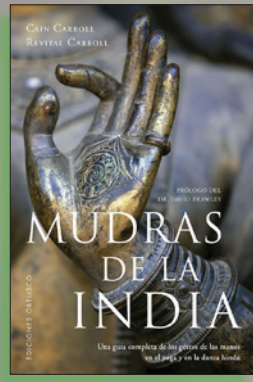
16,35 €  
17,00 €

Bernadette Gastineau



# YOGA 2020

## MUDRAS DE LA INDIA



15,38 €  
16,00 €

Cain Carroll y Revital Carroll

## MUDRAS TERAPÉUTICOS



9,13 €  
9,50 €

Rajendar Menen

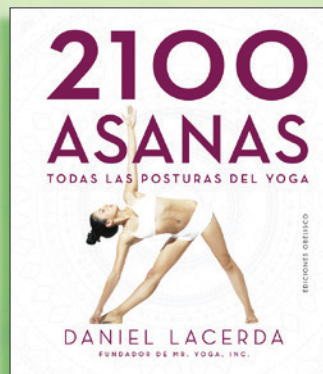
## EL YOGA DE LAS SERPIENTES Y LAS FLECHAS



11,54 €  
12,00 €

Harish Johari

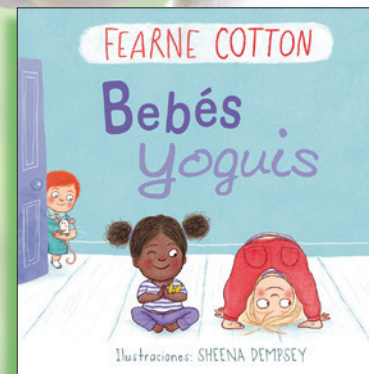
## 2100 ASANAS



33,65 €  
35,00 €

Daniel Lacerda

## BEBÉS YOGUIS



11,54 €  
12,00 €

Texto: Fearné Cotton  
Ilustraciones: Sheena Dempsey

