



# El yoga contado con sencillez (Spanish Edition)

*Ramiro A. Calle*

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¿Que es el yoga?. Situado en un terreno en el que confluyen disciplinas tan dispares como la metafísica, el ejercicio físico, la mística, la relajación o la medicina natural, Ramiro Calle lo explica, evitando tanto el exceso de erudición como los tópicos simplistas.

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