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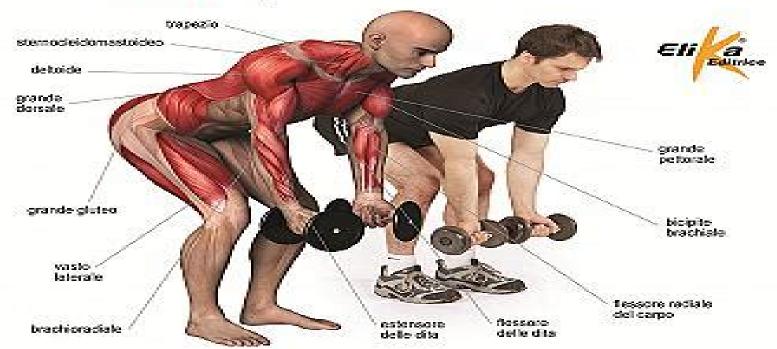
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Anatomia Dell Esercizio Fisico Elika

LAURA VENTUROLI

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Anatomia dell'esercizio fisico Pat Manocchia.2016-10 In forma fisicamente, in equilibrio psicologicamente LAURA VENTUROLI,2020-06-22 Questo ebook parla di un programma di lavoro mente e corpo nato da anni di esperienza individuale dell autrice e dal suo percorso formativo personale e professionale Avere un buon ascolto del proprio corpo dei pensieri e delle emozioni significa avere un contatto con tutte le parti di s in un equilibrio sano allenare il corpo con consapevolezza porta ad avere pi energia pi vitalit creando una buona sinergia con la mente L autrice impegnata da anni nel mondo del fitness in ambito psicopedagogico e in medicine alternative ed olistiche offre un programma di lavoro che si prenda cura del corpo attraverso attivit fitness e wellness della sfera energetica con discipline olistiche energetiche e della dimensione pi legata al recupero di potenzialit e al cambiamento dei schemi mentali emozionali non fruttosi attraverso sedute di counseling In una unica persona si racchiudono pi figure professionali e guesto consente di accogliere e condurre le persone verso un percorso di benessere globale Anatomia dell'esercizio fisico. Una guida professionale al vostro allenamento Pat Manocchia,2010 Catalogo dei libri in commercio, 1999 Anatomia dell'allenamento funzionale. Come migliorare le prestazioni con i movimenti di tutti i giorni Katerina Spilio, Erica Gordon-Mallin, 2015 Manuale di anatomia per l'esercizio fisico Ken Ashwell,2013 Anatomia-fisiologia ed igiene applicate all'esercizio fisico Adolfo Paolini,1922 Anatomia-fisiologia ed igiene applicate all'esercizio fisico ,1923 Allenamento funzionale e anatomia umana. Manuale illustrato per il perfezionamento del movimento Kevin Carr, Mary Kate Feit, 2022 Allenamento a corpo libero. E anatomia umana Bret Contreras. 2023

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