

Anatomia Dell Esercizio Fisico Erika

Katerina Spilio, Erica Gordon-Mallin



Anatomia Dell'Esercizio Fisico Erika:

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 sé in un equilibrio sano. Allenare il corpo con consapevolezza porta ad avere più energia e vitalità 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 attività fitness e wellness della sfera energetica con discipline olistiche energetiche e della dimensione più legata al recupero di potenzialità e al cambiamento dei schemi mentali ed emozionali non fruttosi attraverso sedute di counseling. In una unica persona si racchiudono più figure professionali e questo 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
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