

Leggere L'arte Del Camminare EBook Gratuito PDF/EPUB/mobi - Luca Gianotti



leggere L'arte del camminare EBook gratuito PDF/EPUB/mobi Luca Gianotti , In fondo, se ci pensate, non serve nessuna arte per camminare. L'abbiamo imparata da piccoli e non l'abbiamo più scordata. Basta alzarsi, uscire di casa, e mettersi in marcia. Ma per farlo in modo cosciente, occorre qualche premessa, qualche attenzione. L'arte del camminare è rivolto sia a chi non ha mai camminato per più di una giornata, sia a chi già trascorre il suo tempo libero camminando e vuole aggiungere qualcosa al proprio bagaglio di conoscenze. Come preparare uno zaino? Usare o non usare i bastoncini? È possibile dormire serenamente sotto le stelle? Che cos'è la meditazione camminata? Sono solo alcune delle domande cui l'autore risponde in modo chiaro ed esauriente. Questo ebook è rivolto a chi vuole partire per un lungo cammino, per esempio andare a Santiago, ma anche a chi vuole fare semplici passeggiate con una maggiore consapevolezza.

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