



KI AIKIDO. Unificación de la mente y el cuerpo (Spanish Edition)

Giuseppe. Ruglioni

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Este libro se articula en dos partes: la Práctica y la Experiencia. En la primera se dan a conocer las enseñanzas del maestro Koichi Tahei. El primer capítulo está dedicado a la Práctica del Ki (Shin Shin Toitsu), una disciplina que considera la naturaleza humana como una unidad mente-cuerpo que permite desarrollar al máximo nuestras capacidades, así como descubrir las dotes innatas de las que no solemos ser conscientes. La práctica se centra en el estudio de ciertos principios que, mediante un sencillo sistema de test, se propone infundir un natural sentido de seguridad basado en una relajación completa. El segundo capítulo, trata del Ki Aikido (Shin Shin Toitsu Aikido) una disciplina que nos lleva a adquirir mayor seguridad en nosotros mismos y a armonizar mejor nuestra relación con el mundo exterior. La segunda parte recoge las experiencias del autor a lo largo de 20 años de enseñanza, aplicando los principios de la Práctica del Ki y de Ki Aikido en situaciones muy diversas: enseñando a niños y jóvenes de las escuelas públicas, a terapeutas y cuidadores de minusválidos y bailarines, a deportistas y entrenadores...

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