

MARC BACHRATY
DIDIER ROBRIEUX

L'AÏKIDO

*Du tatami
à l'éveil de soi*



Éditions
VP-Masberg

La Kido Du Tatami L Veil Soi

Marc Bachraty, Didier Robrieux



La Kido Du Tatami L Veil Soi:

L'aïkido Marc Bachraty, Didier Robrieux, 2015-09-14 En s appuyant sur un travail de recherche document et en faisant le choix d un ton clair vivant et attractif ce livre se propose d offrir aux lecteurs une pr sentation originale de la pratique de l a kido art martial japonais ainsi que des buts philosophiques qui sont les siens L ouvrage comporte deux composantes m l es l une se donne pour objectif de faire d couvrir cette discipline aux n ophytes et de satisfaire leur curiosit en leur apportant de nombreux l ments d informations fiables et accessibles l autre s attache mettre en lumi re certains approfondissements propres cet art martial destination des pratiquants et connaisseurs Il est galement mis l accent sur l importance des dimensions d veloppement personnel et spirituelle dont cette pratique est porteuse La participation centrale dans la conception de ce livre d un professeur expert d a kido appr ci et reconnu tel que Marc Bachraty se fait l cho d un point de vue riche d une longue exp rience sur les tatamis

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