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STÉPHANE HASKELL ,
Respire

Comment le yoga
m' a sauvé et peut
tous nous aider

TEMOIGNAGE
MICHEL LAPON

Download or Read Online Respire Stéphane Haskell Free eBook PDF/ePub/Mobi/Mp3/Txt, Alors qu'il vient d'avoir quarante ans, Stéphane Haskell, photographe et documentariste, est victime du " syndrome de la queue-de-cheval ", un écrasement de la moelle épinière. Opéré du dos en urgence, il se retrouve paralysé. Mais là où la médecine le condamne au handicap et à une souffrance à vie, sa rencontre avec le yoga le sauvera. Défiant tous les pronostics, Stéphane reprend peu à peu le contrôle de son corps grâce à la pratique assidue de cette discipline millénaire. Aujourd'hui, il peut de nouveau marcher et mener une vie normale.

Porté par la reconquête de sa vitalité, il s'est lancé dans un tour du monde pour recueillir les témoignages des adeptes du yoga : le grand maître B.K.S. Iyengar, des malades du sida ou de la sclérose en plaques, des prisonniers, des écoliers des bidonvilles, ainsi que de ceux qui ont pu en constater les incroyables bienfaits aux quatre coins du globe, médecins, soignants, proches... Par le yoga, tous ont réussi à se soigner ou à réconcilier leur corps et leur esprit, et à tendre vers l'harmonie.

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