

# **ZEN DEPORTIVO**

**El Método Anti-Método AtelTrainer**

**El arte de vivir...  
a través del movimiento...  
sosegado...**

**ALAIN TELLO ROBLEDO**

# El Metodo Ateltrainer Ii Zen Deportivo Volume 2

**Alain Tello Robledo**



## **El Metodo Ateltrainer Ii Zen Deportivo Volume 2:**

Zen Deportivo Alain Tello Robledo, 2024-09-27 Libro 2 AtelTrainer Qu difícil y complicado es descubrir que mantenerse en forma con el menor esfuerzo es sencillo y fácil Nuestro mejor plan de entrenamiento es nuestro propio estilo de vida Solo con pequeños cambios llega el sosiego Cultivando nuestras intenciones cosechamos las flores del bienestar Muchos practican deporte en busca del bienestar Se relaciona el deporte con el cuidado de la salud lamentablemente muchos se ejercitan mal y los efectos secundarios de la mala praxis deportiva están al orden del día Alain Tello Robledo mediante su método de entrenamiento aporta una solución integral para alcanzar nuestras metas más allá de lo esperado y de nuestro entorno La técnica del Método AtelTrainer es diferente por la sutileza e interiorismo de sus ejercicios y por ser una amalgama de la mayoría de disciplinas y filosofías occidentales y orientales

Zen Sport Alain Tello Robledo, 2024-09-28 Book II Zen Sport It's so difficult and complicated to describe how simple and easy it is to keep in shape with hardly any effort Our best training plan is our own lifestyle Only a few changes will bring us peace and calm We plant the seeds of our intentions to harvest flowers of wellbeing Many people seek wellbeing from doing sports Sport is related to looking after our health unfortunately many people do not exercise accordingly and the secondary effect as a consequence is on the agenda Alain Tello with his training method brings us a comprehensive solution to achieve our day to day goals beyond our hopes and our environment The AtelTrainer Method technique is different with its subtle and personal exercises and a melting pot of many oriental and occidental philosophies and disciplines

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **El Metodo Ateltrainer Ii Zen Deportivo Volume 2** . This educational ebook, conveniently sized in PDF ( \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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