

# LA MICROGIMNASIA

## AMAR EL CUERPO

manual práctico de comunicación corporal a través de la microgimnasia  
destinado para la infancia, la adolescencia, la juventud, la vejez y la madurez

2ª edición

Antoni Munsé Ramos

# Microgimnasia Amar El Cuerpo La Salud

**Pilar Pont Geis**



## **Microgimnasia Amar El Cuerpo La Salud:**

LA MICROGIMNASIA. Amar el cuerpo Antoni Munné Ramos, 2002-05-17 Restaurador corporal Anotí Munn Ramos nacido el 13 de marzo de 1932. Está casado y tiene dos hijas y tres nietos, una niña y dos niños. Fundó y dirige el Centro de Corrección y Acondicionamiento Físico hasta su jubilación en el año 1998. Es creador de las siguientes terapias somatofilops: quícas, la Microgimnasia, el Masaje Restaurador Corporal, la Gravitoterapia y el Micromasaje. Ha escrito varios libros: *Metamorfosis Corporal* (cómo poner el cuerpo en orden en catalán de la Editorial Llar del Llibre, 1990), *La evidencia del cuerpo* (1993), *1999* (con prólogo de Sebastià Serrano, Catedrático en Lingüística General de la Universidad de Barcelona) y *El Amanecer del Cuerpo* (1997, con prólogo del Doctor Enric Serentill, ambos libros de la Editorial Paidós). Da conferencias y realiza cursos de formación de sus terapias amparadas en el sistema Analítico Restaurador Corporal A.R.C. Ha sido invitado por el INEF de Barcelona y Lleida para dar cursos de Microgimnasia dentro del programa de Educación Física Integral. Ha dado cursos de Microgimnasia en México los años 1999, 2000 y 2002, invitado por el Centro Universitario Dr. Emilio Cárdenas C.U.D.E.C. de Tlalnepantla, Estado de México. Es presidente honorario de la Asociación Profesional de Terapeutas en el sistema A.R.C. El autor se define a sí mismo como Restaurador y Sugervisor Corporal y manifiesta: «Restauro el cuerpo para devolverle sus formas naturales y sólo hago sugerencias para ofrecer al receptor de las mismas la posibilidad de experimentar. Si enseñara educara, instruyese o diera consejos, obligaría al receptor a aprender, adquirir conocimientos y práctica. En cambio, experimentando se restaura y se crece a través de la observación».

**La microgimnasia** Antoni Munné Ramos, 2013-05-01. La Microgimnasia Amar el Cuerpo es un sencillo y eficaz Manual Práctico de Educación Corporal. Sencillo por la fácil interpretación y realización de las propuestas corporales que contiene y eficaz por las inmediatas y palpables respuestas que nos dan de equilibrio, salud y felicidad. Este libro no sólo contiene un mensaje de fe y esperanza, sino que es un cheque en blanco para el inestimable arte de vivir amando el cuerpo.

Mantenerse en forma de mayor: ejercicios para hacer en casa Pilar Pont Geis, 2003. Mantenerse en forma de mayor Pilar Pont Geis, 2013-05-01. En este libro las autoras proponen un programa de ejercicios bien estructurados y clasificados para realizar solos en casa o en un grupo de clase. Acompañados de fotos e ilustraciones que muestran la correcta realización de los mismos. Los ejercicios que se presentan no tienen contraindicaciones; todo lo contrario, se recomiendan para cualquier alteración que conlleve el envejecimiento o también como acondicionamiento físico para aquellas personas mayores que realizan algún deporte y necesitan realizar una preparación física específica. Asimismo, se incluyen recomendaciones referentes a acciones motrices cotidianas y consejos prácticos para descubrir lo más importante respecto a la actividad física: simple y eficaz, que cualquier persona puede realizar: caminar o pasear.

**LA LA MICROGIMNASIA** Carme Codorniu Pratdesaba, 2011

## **Microgimnasia Amar El Cuerpo La Salud** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Microgimnasia Amar El Cuerpo La Salud**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Microgimnasia Amar El Cuerpo La Salud Introduction**

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