

Unique Hotels



The book highlights the amazing popularity of Yoga amongst all cross-sections of human society - corporates, celebrities, sportspersons, world leaders and the common populace. It has vividly captured the transformation the practice of Yoga has achieved, among individuals and societies alike, with the help of powerful images and quotations. The book subtly signifies that Yoga leads one to spiritual development by facilitating the control of the mind and senses, which gradually leads human society to Universal oneness, Peace and Harmony; an invaluable gift to mankind indeed. Going beyond G-3, G-5 and G-20, Yoga is G-All - a win-win situation for all lovers of humanity, ecology, environment, women empowerment and a healthy lifestyle. Contents: Authors Note; Preface by Swami Chidanand Saraswati; The Universal Appeal of Yoga; Introduction to Yoga; Yoga in Modern Context; Yoga in Asian Countries; Yoga in Bharat; Yoga and Indian Influence in China, Korea and Japan; Yoga in the Americas; Yoga in Africa; Yoga in Europe, Australia and New Zealand; Yoga in Prisons; Yoga in Business and Business in Yoga; World Leaders and International Icons on Yoga; Yoga by Bollywood, Hollywood and Music Celebrities; Inspiring Yoga Stories; Conclusion; Appendix: I: Magic of Yoga APPENDIX II: Indias Additional Contribution in Health Science.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende

tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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