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Sommario/riassunto	This dynamic approach to therapy combines yoga and art to heal the whole person - body, mind and spirit - through the use of intention. In this practical guide art therapists will learn how to incorporate yoga poses, mudras and meditation, and yoga therapists to introduce art directives, into individual and group clinical work for a more holistic healing process. Readers will discover the parallels that exist between the two modalities, and how to use a specific intention as a framework for structuring sessions, with the aim of reaching a deeper level of healing in their clinical work. Guide