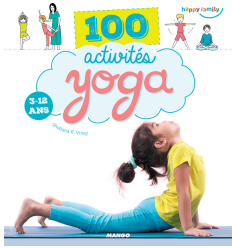


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## 100 ACTIVITÉS YOGA EBOOKS 2019



Author: Shobana R. Vinay u0026 Oreli Gouel

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Le livre complet pour commencer le yoga en famille ! u003cbr /u003eDécouvrez 100 activités de yoga, de relaxation et de méditation illustrées pas à pas pour une compréhension immédiate par les enfants. Grands imitateurs, ils reprendront avec plaisir les postures simples ou plus élaborées proposées dans ce livre. u003cbr /u003eEn commençant tôt le yoga, vos enfants développeront leur souplesse naturelle et leur équilibre, tout en relâchant leurs tensions mentale et physique.u003cbr /u003eu003cbr /u003ePartagez ainsi de bons moments avec eux et découvrez les bienfaits de chaque posture grâce aux explications de l'auteur.

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