



Mon année yoga (Hors collection bien-être) (French Edition)

Béatrice Bürgi

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Accordez-vous une pause bien-être dans le tourbillon du quotidien, grâce à l'art de vivre ancestral du yoga, qui désormais se pratique à volonté, où et quand vous le souhaitez ! Pour une initiation ou en complément de vos cours habituels, ce livre accessible à tous est idéal pour découvrir ou raviver tous les bienfaits du yoga, à travers 52 véritables séances hebdomadaires d'1 heure. À l'aide d'explications précises, de croquis clairs et de photos explicites, vivez en douceur les exercices d'assouplissement et de respiration, pour maîtriser la posture principale de chacune des séances. Progressiez à votre rythme, grâce au programme évolutif proposé : les postures se font un peu plus intenses chaque semaine !

Retrouvez à tout moment calme, sérénité et vigueur, grâce à ces séances sur mesure concoctées par deux professeurs de Hatha-Yoga, et bénéficiez de leurs astuces pour plus d'efficacité et de confort.

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