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Le yoga 100% physique, pour sculpter son corps en même temps que son esprit !

L'instagrameuse star FrenchYogaGirl livre un programme pour être aussi mince et canon qu'elle ! Plus besoin de choisir entre faire du yoga pour déstresser + du fitness pour mincir, la méthode de strala yoga sculpte le corps et l'esprit. Physique, sans contrainte, déstressant, c'est LE yoga des fitgirls ultra-branchées !

Au programme :

- **Une méthode de yoga fun, ultra dynamique sans dimension spirituelle**, qui sculpte le corps mais également l'esprit en apportant détente, bien-être et force mentale.
- **5 programmes de yoga minceur**, avec du cardio pour s'affiner, du renforcement musculaire pour un effet fat burning, et des programmes ciblés abdos, butty et upper body.

• **Des idées lifestyle**, car le yoga amène naturellement à se faire du bien et à adopter un rythme feel good et une nutrition healthy. Effet booster sur la silhouette !

Title	:	Mon cahier Yoga sculpt
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