

# Télécharger Livres Gratuit Se relaxer en toutes circonstances (PDF | ePub | Mobi) Julia Lemétais download-free



## Pour se sentir bien au quotidien !

Mal au cou, mal au dos, coup de stress... Dans l'avion, au bureau ou chez soi, voici une série d'exercices pour se relaxer en toutes circonstances.

Respiration, posture assise, tensions cervicales et dans les épaules, douleurs lombaires, jambes lourdes, maux de tête et automassages seront les grands axes de cet ouvrage. Avec en plus des exercices à effectuer pendant 5 min tous les jours pour se sentir mieux ! Un livre pratique avec des illustrations.

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|------------------|---|------------------------------------|
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