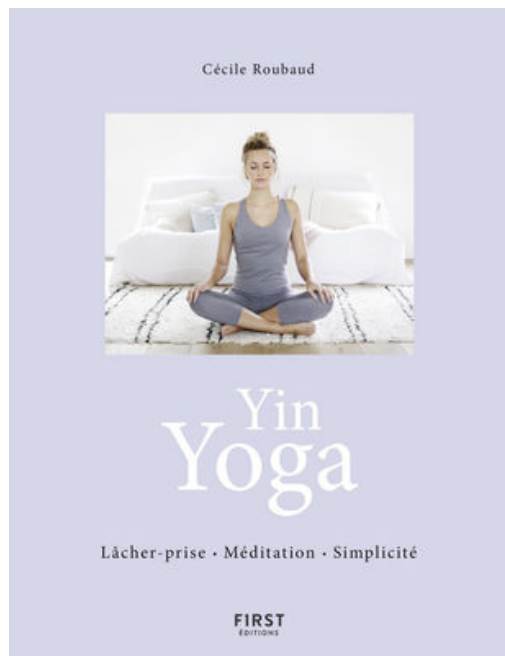


# Télécharger Livres Gratuit Yin Yoga - Respiration Méditation Simplicité (PDF | ePub | Mobi) Cécile Roubaud download-free



Yoga + méditation = simplicité

Influencé par l'approche taoïste de la vie (l'impermanence et l'acceptation, le yin et le yang, l'observation de la nature) et la médecine traditionnelle chinoise (les méridiens, les organes yin-yang), le yin yoga est un yoga très lent et doux, permettant à ceux qui le pratiquent de relâcher la pression pour se détendre en profondeur. Laissez-vous tenter par cette approche méditative du yoga et suivez le guide pour vous immerger dans la discipline.

Richement illustré, ce guide pratique sera votre allié pour intégrer à votre quotidien l'équilibre du yin et du yang et retrouver une harmonie intérieure.

<b>Title</b>	:	Yin Yoga - Respiration Méditation Simplicité
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<b>File Size</b>	:	69.09MB

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