

## Justasana

Yoga for mothers

Clemence

Editorial: Lo Scarabeo

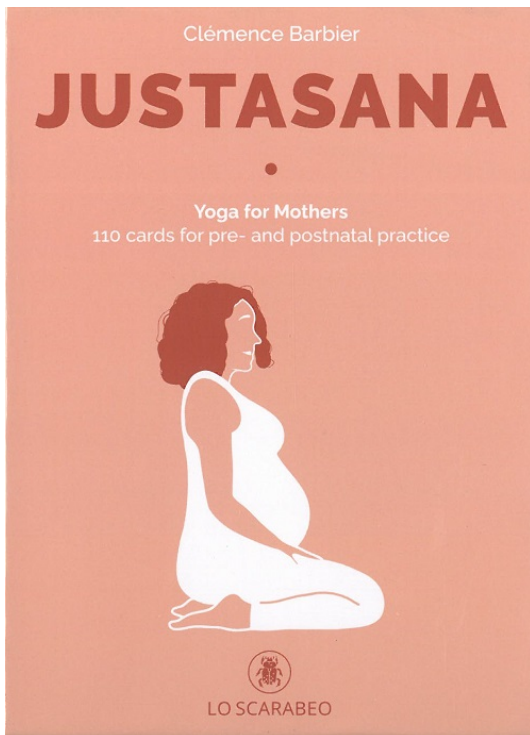
ISBN: 9788865278697

Páginas: 110

Dimensiones: 12,5 x 17 cm

Encuadernación: Estuche + cartas

PVP.: 26,00 €



### SINOPSIS

This edition of JustAsana is intended for mothers who intend to practice yoga safely, both during and immediately after pregnancy. All positions and exercises contained in this box have been selected specifically for the maternity period. Because yoga is not only good for your health, but also for that of your child.

Clémence Barbier, Anna Gladkoff-Veliz,

115 cards, 75x105 mm. Instructions. Italian and English edition.