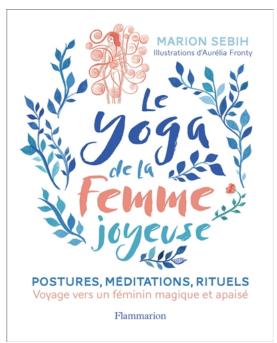
BOOKS



Yoga for Joyous Women Empowering Femininity

Authors: Marion Sebih (Text) - Aurélia Fronty (Illustrations) Publisher : Flammarion

Category : Practical Books

Genres : Well-Being/Self-Help - Sports/Games - Lifestyle

Keywords : Yoga - Psychology - Femininity - Kundalini -Positivity

A bodily journey toward harmony between male and female elements. Final destination? Balanced humanity.

Based on her practice of kundalini yoga, instructor Marion Sebih guides women to embrace their femininity in order to reach a better mind-body balance through the various phases of a lifetime from teenagehood to menopause.

Date : 11/05/2022 Pages : 191 Format cm : 18 x 21 Prix : 19.5 EAN : 9782080245496