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Yoga For Emotions

Five Complete Sessions to Help Children Handle Their Feelings complètes pour aider les petits à vivre avec toutes leurs émotions

Authors: Marie Faure Ambroise (Text) - Agnès Gliozzo (Text) - Sibylle Ristroph (Illustrations)

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A unique selling point: yoga for managing emotions.

A new concept: yoga sessions complete with several positions broken down and joined in a flow like in a real yoga class.

When it comes to helping young readers become friendly with their own feelings, nothing beats yoga! There is a session for each mood children might encounter in their day, whether they're feeling anxious, calm, angry, excited, or tired.

This book will help children better understand their emotions, both positive and negative, through yoga.
