



Breathe! My First Steps in Sophrology

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Category : Children's Books

Genres : Non-Fiction Children's Books

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A guide written by a sophrologist to introduce children to sophrology and managing stress through breathing techniques and special movements.

Does your child know how to breathe? Thanks to sophrology and its breathing techniques, readers will learn how to forget their worries. Repeat the movements presented in this book to easily relieve your tensions. The illustrations will guide you step-by-step through the exercises for a gentle introduction. A book adapted for little ones, which makes the basic concepts of sophrology accessible to children. To live in harmony, in your body and your mind.

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