



# La scimmia Yoga: Ti spiega come essere felice e in forma con lo yoga (Italian Edition)

*Sara Bigatti*

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Con il suo approccio nuovo, gioioso, semplice ma efficace, questo libro rivoluziona una delle discipline più antiche del mondo, partendo dal presupposto che lo Yoga è di tutti e per tutti, e che si può intenderlo anche come un percorso giocoso, una buona "ginnastica" che rassoda, distende e armonizza il corpo e, cosa magnifica, anche la mente. Organizzato come un vero corso, con una serie di sequenze che possono essere praticate singolarmente o insieme, "La Scimmia Yoga" entra nel vivo della pratica offrendo consigli e soluzioni per affrontare la giornata con più energia e buon umore, per essere belli, oltre che brillanti; per ritrovare il sorriso e la vitalità e, perché no, anche la gioia ristoratrice di un buon sonno. Questo libro è a tutti gli effetti un invito a ritrovare la serenità interiore e la forma esteriore!

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