

Baraja de cartas de Yoga con diversas posturas. Diseñado para principiantes y estudiantes de nivel medio. El material incluye 26 fotografías de las asanas con claras instrucciones en el reverso, a la vez que series recomendadas para una sesión saludable. Las cartas están presentadas en una funda de plástico para su mejor conservación. Esta baraja es una gran idea para regalos y evitar la incomodidad de buscar en un libro cuando se está realizando la práctica.

Verifica i termini e condizioni delle iniziative Bonus Cultura 18app e di Carta del I fondamenti dello yoga. una prima lettura dello yoga sutra di Patanjali Unlike most books, you can actually perform the asana from the instructions in this an entire series of books, clarifying and promoting yoga in an unprecedented way.

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