



Kinderyogageschichten mit Kerstin: Handbuch für Yogis (German Edition)

Kerstin Kusch

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Liebst du Geschichten? In dieser kleinen Yogafibel findest du Tiere und Pflanzen, in die du dich verwandeln kannst. Sie zeigen dir, was sie tun, um in der Welt und in ihrem Leben zurechtzukommen. Zusätzlich hat die zehnjährige Cecile Walzik für dich kleine Bilder gezeichnet, die du nach dem Ausüben deiner Asana ausmalen darfst.

Begleite mich auf meiner Yogareise, lerne deinen Körper besser kennen und finde heraus, was du tun kannst, damit du dich in deinem Körper wohlfühlst.

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