



Livre de Coloriage Pour Adultes Yoga 1 2 (Paperback)

By Nick Snels

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: French . Brand New Book ***** Print on Demand *****.Le livre parfait pour ceux qui aiment le yoga. Une collection de 60 positions de yoga pour vous detendre. Ce livre de coloriage reunit les volumes 1 et 2. Il contient les poses de yoga suivantes Adho Mukha Svanasana Adho Mukha Vrksasana Ardha Pincha Mayurasana Ardha Uttanasana Ashtangasana Ashwa Sanchalanasana Astavakrasana Baddha Konasana Baddha Parsvakonasana Bakasana Balasana Bhujra Vrischikasana Bhujangasana Bitilasana Camatkarasana Chaturanga Dandasana Dandayamana Dhanurasana Dhanurasana Dwi Pada Viparita Dandasana Eka Pada Adho Mukha Svanasana Eka Pada Rajakapotasana Eka Pada Rajakapotasana I Garudasana Halasana Hanumanasana Maksikanagasana Malasana Marjaryasana Marichyasana III Mayurasana Natarajasana Padmasana Paripurna Navasana Parivrtta Parsvakonasana Parivrtta Surya Yantrasana Parivrtta Trikonasana Parivrtta Ustrasana Parivrtta Utkatasana Parsva Bakasana Purvottanasana Salamba Bhujangasana Salamba Sarvangasana Setu Bandha Sarvangasana Sirsasana II Svarga Dvidasana Tadasana Tittibhasana Urdhva Dhanurasana Urdhva Mukha Svanasana Ustrasana Utkatasana Uttanasana Utthita Parsvakonasana Utthita Trikonasana Uttihita Chaturanga Dandasana Vasisthasana Virabhadrasana I Virabhadrasana II Virabhadrasana III Vrischikasana Des couleurs vives, de beaux dessins et votre imagination suffiront a vous detendre et a vous calmer ! Les dessins sont imprimes en pleine page sur des pages

Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It is in a single of the best book. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.