

## Yoga et périnée



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QUINTESSANCE, 2013. Couverture souple. Condition: Neuf. La zone périnéale peut être soumise à rude épreuve après certains événements de la vie, des problèmes récurrents peuvent en découler, provoquant des dysfonctionnements souvent gênants. Destiné à tous, hommes ou femmes, adultes ou plus jeunes, cet ouvrage vous propose des exercices simples et pratiques de yoga pour prévenir ces complications ou les régler. Au travers de fiches présentant les postures conseillées, vous apprendrez à éduquer ou rééduquer votre plancher pelvien, renforcer la musculature de votre bassin, respirer en prenant conscience de cette zone centrale du corps pour retrouver confort et bien-être.

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