



Entfalte dein Körperglück! : Ganzheitliche Fitness für Frauen (German Edition)

Jasmin Kirstein

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Ganzheitlich fit und ausgeglichen

Manchmal steht einem der Sinn nach mehr Energie, manchmal fehlt einem die nötige Ruhe, an anderen Tagen wünscht man sich mehr Beweglichkeit. In diesem Buch findet jede Frau das richtige Programm, passend zu Stimmungslage und körperlichen Bedürfnissen.

Neben modernen und klassischen Bewegungs-Übungen sorgen köstliche Gerichte aus der ayurvedischen Küche, Detox-Rezepte, Meditationen und vieles mehr für ganzheitliches Wohlbefinden. Seiten zum Selbstauffüllen ermöglichen es Ihnen, den positiven Wirkungen auf Körper und Seele intensiv nachzuspüren und so zu Ihrem ganz persönlichen Übungsprogramm zu finden.

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