



# Yoga (Manuali per l'anima) (Italian Edition)

*Dibenedetto Maria Rosaria*

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Questo libro ha l'obiettivo di condurre i bambini verso la loro completa realizzazione di adulti maturi, nell'aiutarli a mettere fuori le loro potenzialità e favorire uno sviluppo completo e armonico della loro personalità, guidandoli nella conoscenza di se stessi, della loro interiorità e del mondo che li circonda attraverso lo yoga. Praticare yoga all'aria aperta, a stretto contatto con la natura, diventa percorso privilegiato per coltivare e mantenere viva la spontanea tendenza dei bambini ad aprirsi con meraviglia, con gioia e con curiosità all'incontro con i mille sorprendenti particolari del mondo. Questi brevi ma profondi momenti vissuti durante la giornata coinvolgono, motivano, danno spessore, garantiscono ai bambini un'adeguata crescita cognitiva, insieme alla maturità emotiva, affettiva e spirituale.

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