

RAMIRO CALLE

# YOGA PARA NIÑOS



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## Yoga Para Niños



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# Yoga Para Ninos

*Ramiro Calle*

## Yoga Para Ninos Ramiro Calle

Yoga has proven to be one of the most effective spiritual and physical workouts. It eliminates tension, physical aggression, and stress and facilitates concentration and self-control. In a time when children are constantly bombarded with noise and distractions, they develop concentration problems, sleep dysfunctions, and hyperactivity. Yoga fights against this and is a great tool for relaxation, fitness, and developing mindfulness. This illustrated book was conceived and designed at the request of many parents by Ramiro Calle, the greatest authority on yoga in Spain. It is a simple and practical tutorial on how to practice yoga for kids."

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180 pages

### About the Author

Ramiro Calle is a pioneer of yoga in Spain and has led the yoga center Shadak since 1971. He is a former yoga teacher at the Autonomous University of Madrid and is the author of "Autobiografia espiritual," "La sabidura de los grandes yoguis," and "La senda de la atencion plena". ""

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