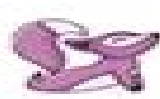


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Constam, 2015-06-10 Nombreux sont les gens souffrir de douleurs dorsales conséquences de notre mode de vie sédentaire. Pourtant, il est possible de préserver nos enfants de ce mal en leur apprenant de bonnes bases posturales, ce qui constitue l'objectif de la fameuse méthode Pilates adoptée déjà par des millions de personnes. Celle-ci permet de renforcer ses muscles profonds pour mieux stabiliser sa colonne vertébrale et recréer une harmonie entre sa souplesse et sa force musculaire. Les mouvements de la vie quotidienne s'en trouvent améliorés et les bonnes postures deviennent naturelles. Ce livre rend cette méthode accessible aux enfants : tous les exercices ludiques et faciles exécutés sont illustrés de photographies. Ils peuvent être utilisés tout au long de leur croissance et exécutés également par les grands. Des programmes d'exercices viennent compléter cet apprentissage pour une pratique régulière et efficace. Adoptez des postures justes et saines pour toute la vie. Angelika Constam, athlète de haut niveau, natation diplômée et licenciée de l'école de Physiothérapie de l'Hôpital Universitaire de Zurich et diplômée Pilates PMA, elle s'est spécialisée dans le traitement des blessures sportives et des maux de dos en tant que Physiothérapeute à la Clinique de Médecine et de Réhabilitation Sportive de l'Hôpital Exeter, NH, puis la Clinique VA Boston, affiliée à la Faculté de Médecine de Harvard. Formée en tant qu'instructeur Pilates depuis 2006, www.pilatesphysio.ch Angelika vit et travaille désormais à Lausanne ; elle est membre et conférencière de l'Association de Physiothérapie. *Yogamin* Karine Bélanger, Annie St-Amour, 2010-11 Yogamin est un programme d'exercices physiques pour les enfants de 3 à 8 ans qui s'inspire de trois disciplines : le yoga, le taï chi et la méthode Pilates.

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