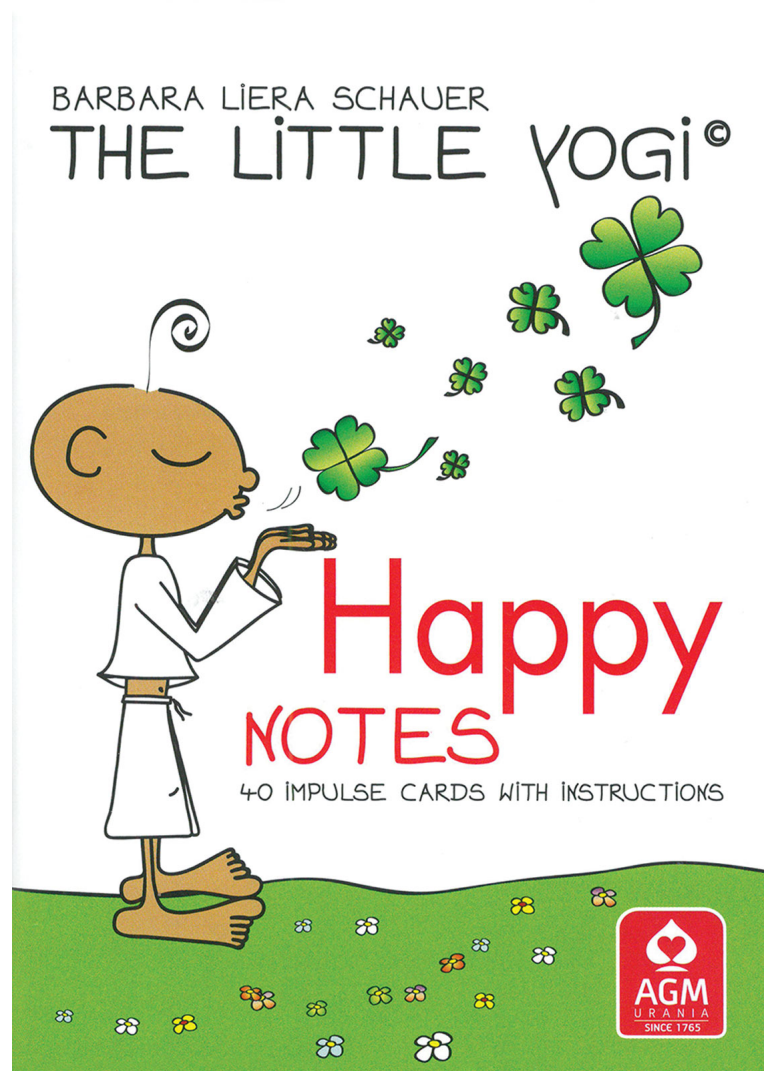
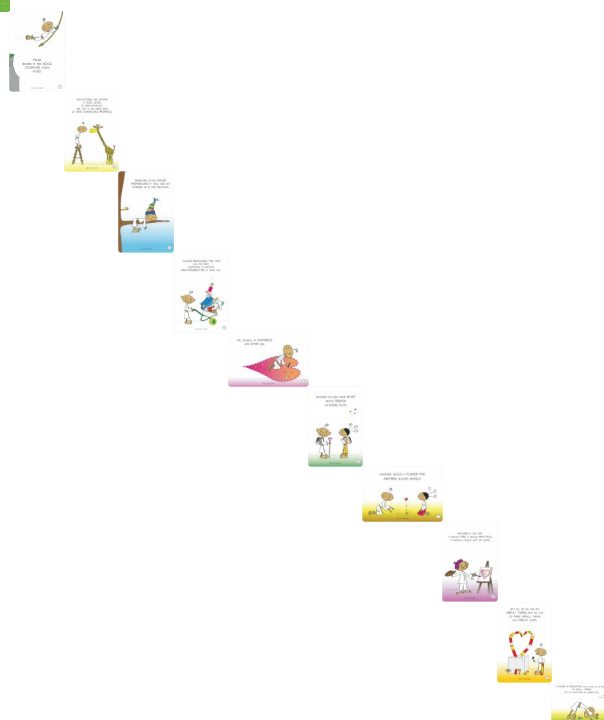
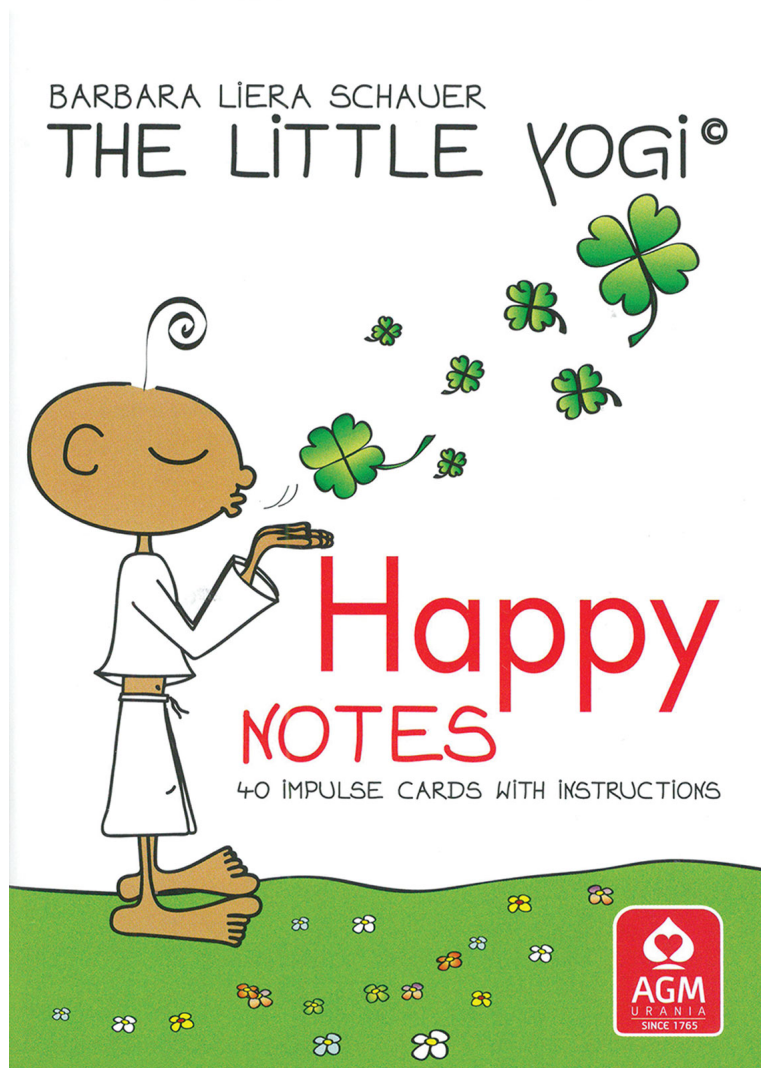


The Little Yogi Happy Notes - Schauer





The Little Yogi© inspires both young and old alike.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$25.95

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Tax amount

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Description

His loving and soulful messages go straight to the heart. The inspirational cards give us wonderful moments of happiness: they warm our heart and help us focus on the essentials and strengthen ourselves. For each happiness message, the detailed booklet offers thoughts for going deeper as well as appropriate exercises: mindfulness exercises, affirmations, little meditations, and yoga exercises give us additional practical impulses.

Contains 40 impulse cards and a 76-page full-color, illustrated booklet.

Reviews

There are yet no reviews for this product.