

Maman BIO, mode d'emploi

Karina Perez



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de la super maman

Maman Bio Mode Demploi

Marcel A. Müller



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Maman bio, mode d'emploi Karina Perez, 2013-09-11 Ce qui distingue la maman bio ce sont les valeurs qu'elle nourrit et qu'elle transmet ses enfants. Plus que l'argent, la qualité plus que la quantité, le naturel plus que l'industriel, la relation plus que la compétition, le partage plus que l'accaparement, la création plus que la reconstruction, voilà des principes qu'elle traduit en actes dans l'éducation de ses enfants et le mode de vie de sa petite famille. En phase avec son époque, elle privilégie l'alimentation bio, les cosmétiques naturels, les médecines douces, les filiales du commerce équitable, les pédagogies actives et les activités citoyennes. En somme, elle propose ses bambins un train de vie coloré qui n'implique ni austérité ni sacrifice, qui appelle en revanche une autre définition de la richesse et du bonheur. Alimentation, santé, bien-être, scolarité, loisirs, vacances. Karina Perez, maman bio de 3 enfants, nous indique ici toutes les pistes alternatives pour élever nos enfants dans le respect de soi, des autres et de la nature. Et ainsi contribuer à un monde plus joyeux. Karina Perez étudie la philosophie et la communication avant de devenir journaliste. Avec le bien-être et la santé comme domaines de prédilection, galement formatrice, elle propose de réfléchir éthique au sein de l'entreprise. En 2008, elle crée avec Odile Chabrillac *The Different Magazine*, un webzine holistique et coloré. Site: thedifferentmagazine.com

Repère, 2012 **Mon cours de yoga en famille** Catherine Bouru, 2020-04-02 Manque de concentration et de vigilance, Mauvaise humeur, Hyperactivité, Difficultés à s'endormir. Votre enfant a besoin de s'APAISER. Faire une séance de yoga en famille lui permettra de se relaxer après des journées bien remplies, en partant de la découverte de son corps et de ses sensations, il apprendra à identifier le stress, le chasser et se relaxer. Ce livre s'adresse à tous les parents d'enfants de la maternelle à la fin du primaire (5-11 ans) qui cherchent une méthode pour pratiquer le yoga en famille de manière ludique. Il propose notamment une boîte à outils judicieuse composée de 32 postures illustrées, 16 massages, 16 exercices de respiration consciente et de relaxation, mais aussi des activités créatives pour apprendre à cultiver la joie et exprimer ses émotions. Chacun doit piocher de quoi composer des séances sur mesure, retrouver le calme et l'attention. Pas besoin d'être un pro du yoga pour se lancer, le but est avant tout de s'amuser et de passer un moment de qualité en famille. En bonus, 10 séances complètes. *Paris avec les enfants, c'est malin* Stéphanie Buhot, Alix Lelief-Delcourt, 2017-04-14 Balades, ateliers créatifs, restos de 300 nouveaux bons plans avec vos enfants de 0 à 14 ans. Vous êtes souvent en panne d'idées originales et petit budget pour occuper vos enfants à Paris? Ce livre est fait pour vous. Au programme: Redécouvrez les multiples parcs, zoos, aquariums pour les rapprocher un peu de la nature. Place au sport! Entre les piscines ou encore les côtes de cirque, vos enfants vont se débattre. Et comme ils seront fatigués en fin de journée, vous les soirées tranquilles en amoureux. En avant la culture: musées, cinémas, cours de peinture ou de musique, lectures en bibliothèques pour les tout-petits, chaque page pleine d'activités. 10 conseils pour survivre à Paris en poussette. Et bien sûr des restos et cafés kids friendly pour des goûters et des repas en toute convivialité. Inclus 10 adresses de lieux branchés en supplément.

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