



## **A bailar! (Cosas de Ninas) (Spanish Edition)**

*Maria Villegas, Jennie Kent*

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**¿Y este libro para qué sirve?**

¡Obviamente, para aprender a bailar! Pero, todavía más importante, para potenciar al máximo los beneficios que nunca se mencionan del baile.

**¿Beneficios?**

**¿Cómo cuáles?**

Socializar, subir la autoestima, mantenerse en forma, expresar sentimientos, combatir el estrés, aceptar el cuerpo, quemar energía. Por eso el ser humano ha bailado desde siempre. ¡El baile no tiene edad! ¡El baile produce felicidad!

**¿Qué bailes me van a enseñar y cómo?**

*Rock and roll*, salsa, tango, danza árabe, rumba flamenca y aunque no lo creas, vals y cancan. Todo mediante ilustraciones y animaciones paso a paso, tanto en el libro como en el dvd animado que lo acompaña.

**¿Un libro de solo pasos?**

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