



Authentic of India Yoga: Fitness, shaping, and health, illnesses (comes with DVD)(Chinese Edition)

By LV CUI YING BIAN ZHU

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: Unknown Pages: 240 in Publisher: Qingdao Publishing List Price: 39.80 yuan: Lv Cuiying ed Publisher: Qingdao Publishing ISBN: 9.787.543.686.045 Page: 240 Edition: 1 Binding: Paperback: 20 open publishing time: 2012-8-1 printing time: the number of words: Product ID: 22853080 contents Introduction authentic Indian yoga: Fitness Shaping health illnesses and by yoga shaping, yoga fitness, yoga, health, yoga illnesses and four-part composition by Indian yoga guru AmbeshTyagi person demonstration, the combination of authentic Indian yoga physiological structure in the style choreography will follow the scientific, professional, in line with the principles of the medical principle is a yoga suitable for all levels of yoga practitioners to use the book, you can be found in the book based on their own needs and physical condition corresponding yoga solutions. In addition, the book is particularly suitable engaged and are engaged in professional yoga instructor friend, coach who will help master the populations of the different sub-health and disease conditions, and how to use the aids yoga conditioning, allowing practitioners to mental and physical benefit. About the author Lv cui Ying...

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