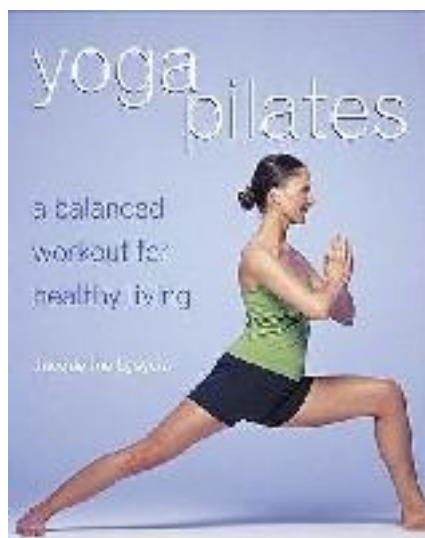


Yoga Pilates: A Balanced Workout for Healthy Living (精装)



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著者:Jacqueline May Lysyia

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Whether you are looking for stamina, weight loss, or a renewed mental edge, Yoga/Pilates will take you there. The author introduces you to her fully researched and practiced programs aimed at giving you maximum results, whether you have only 15 minutes a day to spare or several hours. Beautifully illustrated with photographs and step-by-step instructions, this book covers:

? History of old and new yoga and Pilates

? Breathing and alignment

? Closing postures

? Counter poses and relaxation
? Quick 15 minute and 30 minutes exercise plans
length: (cm)25.9 width:(cm)20.9

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