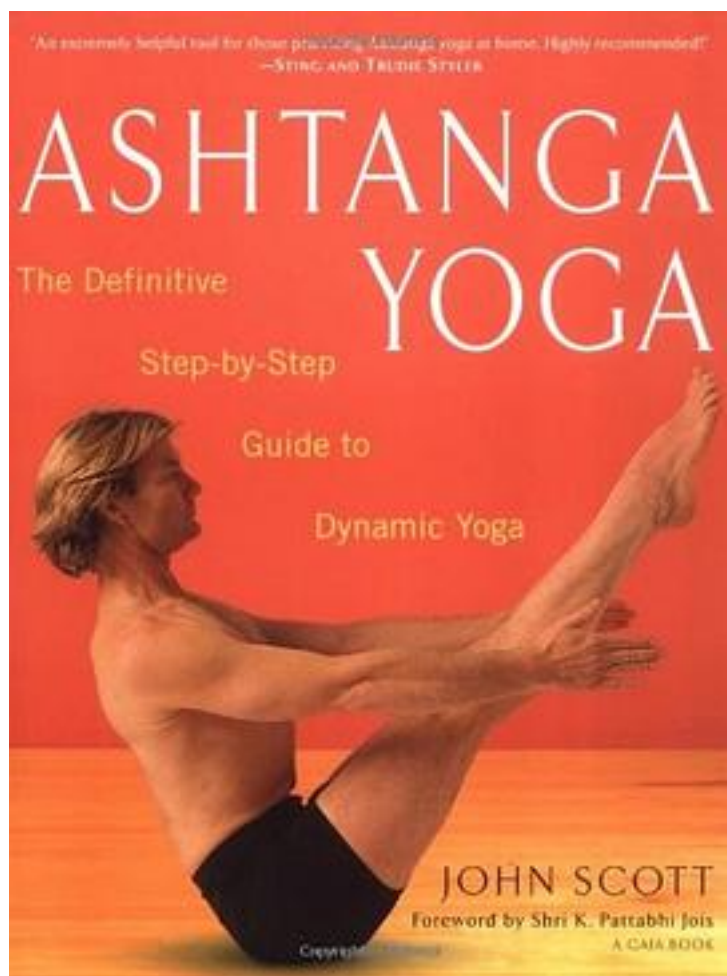


Ashtanga Yoga



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著者:Scott, John C.

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John Scott's Ashtanga Yoga draws on his expertise as a teacher of this most energetic form of yoga. An easy-to-use guide, it features color photographs and a series of

step-by-step exercise sessions -- starting with a simple sequence designed for beginners that, once mastered, provides the foundation for moving to the next cycle.

作者介绍:

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