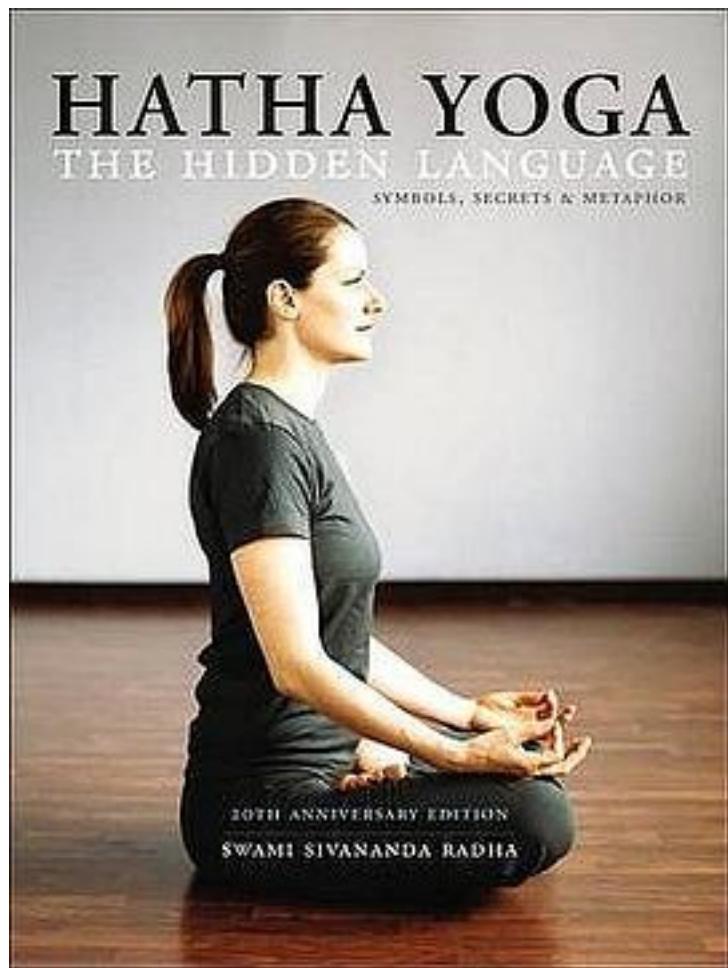


Hatha Yoga



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标签

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评论

Guess it's not for Yoga beginners, the book is more about the spiritual meanings of the asanas which can be hard to understand at the beginning.

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书评

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