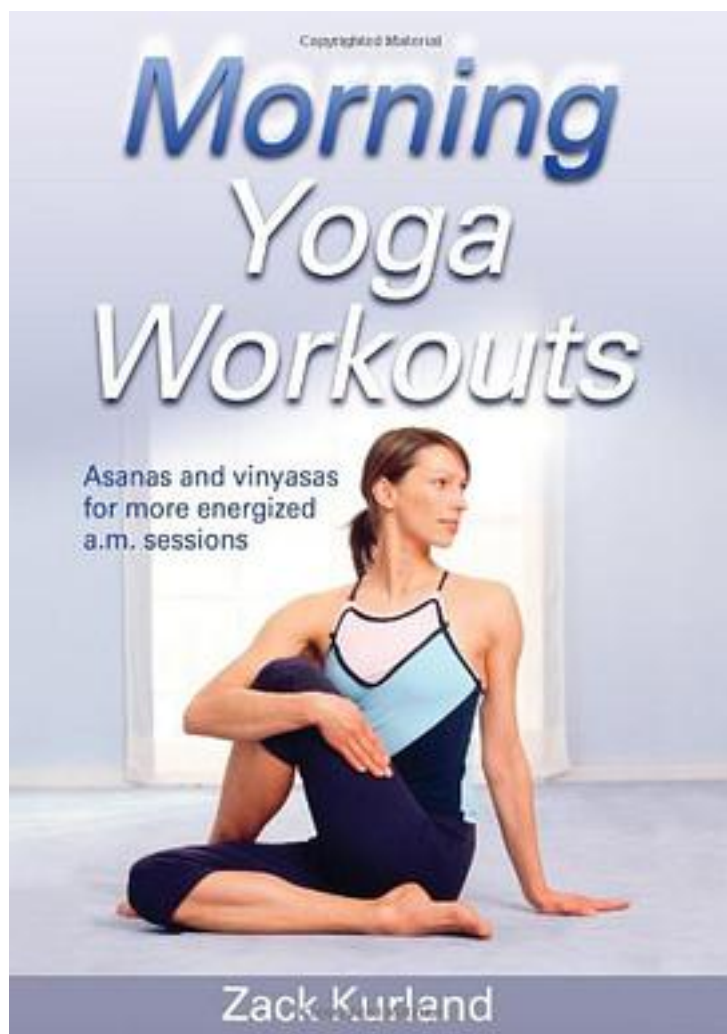


Morning Yoga Workouts



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著者:Kurland, Zack

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This work is ideal for people looking to become more active, as well as a reference for

personal trainers and fitness professionals. Morning workouts continue to grow in popularity due to the ever increasing demand on peoples time. A start-of-the-day workout has been found to be beneficial in preparing the body and mind for the day ahead. It includes workout options based on time, level and intensity; nine yoga sequences including a full range of yoga asanas and breathing techniques; and includes nutrition, environment and equipment advice.

作者介绍:

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