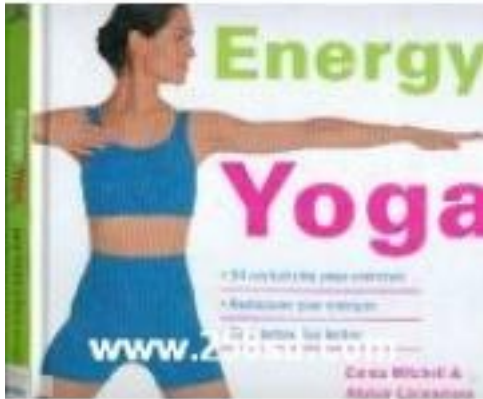


Energy Yoga



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著者:

出版者:

出版时间:

装帧:

isbn:9781904292807

Product Description Introduces gentle, easy to learn yoga as a means to tune the body's energy for maximum vitality and well being. Includes more than 30 targeted, step by step yoga postures and sequences, each with its own profile of energy benefits. Presents exercises that benefit not only your body but also your mind and emotions - through yoga we enhance mood, release stress, and clear our minds of mental clutter.

作者介绍:

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