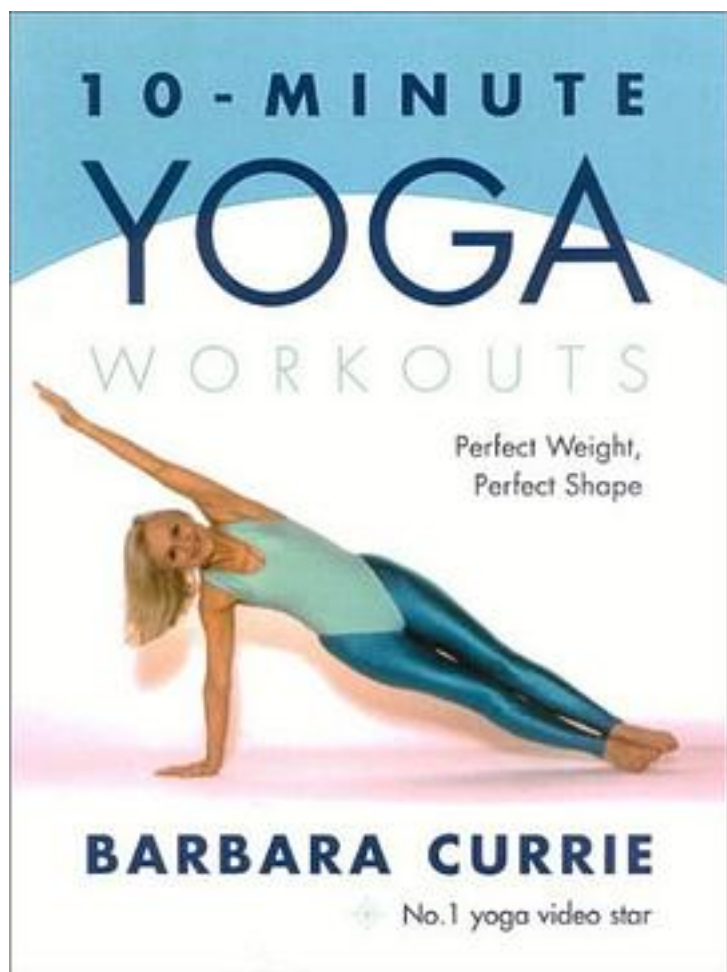


10 Minute Yoga Workouts



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著者:Barbara Currie

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This book contains exercises to tone and firm the body, gently working the muscles and internal organs, and keeping the spine and joints in perfect conditions.

作者介绍:

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