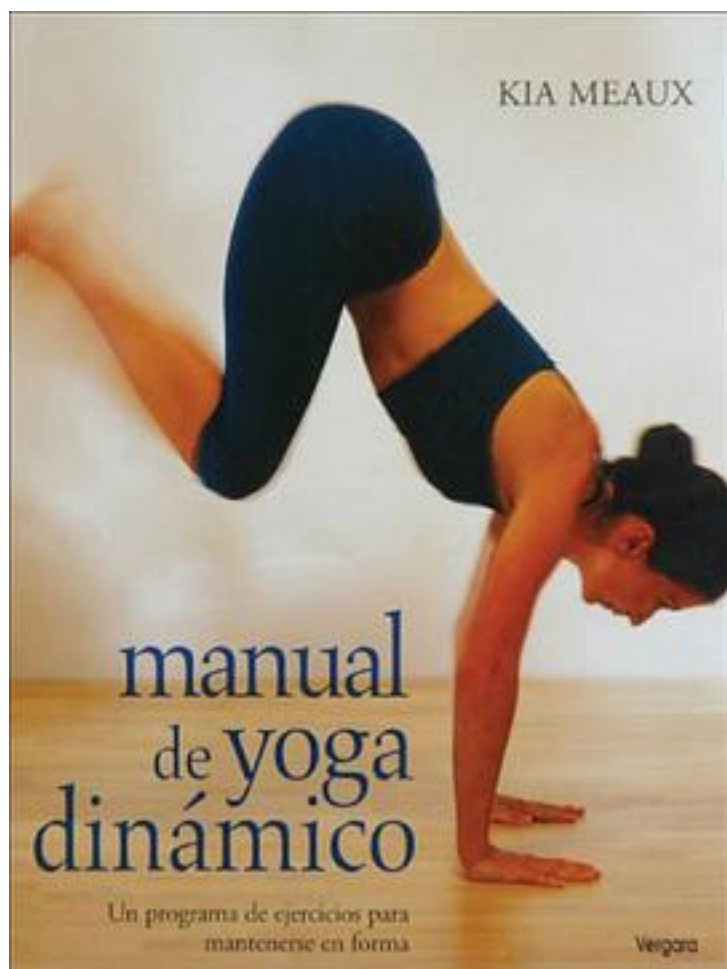


Manual de Yoga Dinamico



[Manual de Yoga Dinamico_下载链接1](#)

著者:Meaux, Kia

出版者:

出版时间:

装帧:

isbn:9788466603423

Dynamic Yoga is a powerful exercise system that combines the benefits of traditional yoga with a series of higher-impact cardiovascular exercises to give the body the

ultimate workout for increased energy, fitness, and flexibility. Based on the sun salutations of Ashtanga yoga, this invigorating program gets the body moving in a series of flowing, controlled postures specifically designed to work every part of the body. Starting with gentle warm-ups, the movements move to an active and energizing phase followed by a series of soothing cool-downs. Advice on substituting less challenging alternatives where necessary and avoiding common injury-causing errors is included.

作者介绍:

目录:

[Manual de Yoga Dinamico_下载链接1](#)

标签

评论

[Manual de Yoga Dinamico_下载链接1](#)

书评

[Manual de Yoga Dinamico_下载链接1](#)