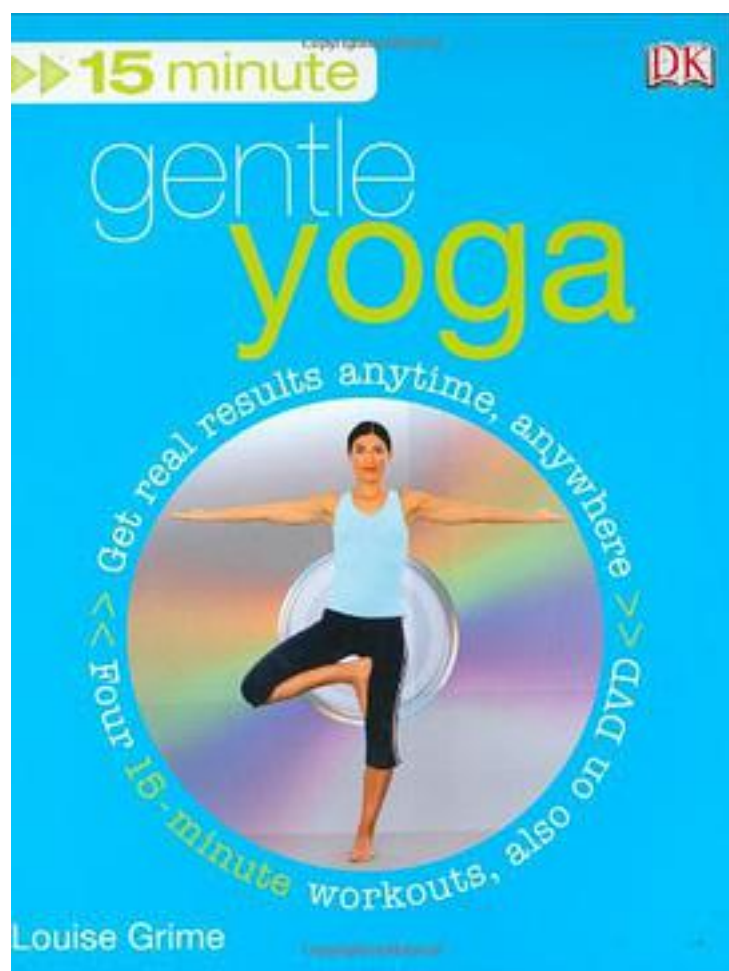


15 Minute Gentle Yoga



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Combining simple, step-by-step instructions with a DVD to walk readers through each routine, a series of effective fitness workouts for individuals on the go presents

complete mini-workouts to target specific parts of the body, along with hundreds of full-color photographs, and tips on how to strengthen, stretch, tone, and build one's way to total body fitness.

作者介绍:

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