

《Yoga Daily Exercises》

图书基本信息

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内容概要

Yoga Daily Exercises will allow you to escape your busy schedule once a day to treat yourself to a healthy dose of relaxation. Yoga uses breathing, meditation and stretching exercises to balance the mind, body and soul. The seven daily workouts are customized to gradually achieve this healthy balance. Each section in this book is designed to leave you feeling relaxed yet stronger and more alert, with more energy for the rest of your day.

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