



Yoga posture guide(Chinese Edition)

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paperback. Book Condition: New. Paperback. Pub Date :2014-04-01 Pages: 206 Language: Chinese
Publisher: yoga practice needs and demands of the people's Sports Publishing House yoga posture
guide According to Yoga Asana guidance for the preparation of a total of eight chapters. focusing
on yoga postural guidance skills and methods were described in detail. including guidance
Highlights postural orthostatic demonstration and guided language. posture assist with error
correction method to help guide workers engaged in yoga pos.



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