



Yin Yoga: Yoga class high-end European and American popular(Chinese Edition)

By YU GA

paperback. Condition: New. Pub Date: 2014-10-01 Pages: 162 Language: Chinese Publisher: Unity Press Do you feel work pressure. mental and physical exhaustion? Are you endocrine disorders. face bleak? Are you scoliosis. pelvic skew? Is it because you Kirin arm. love handles. elephant legs and lose self-confidence? Yin Yoga gentle movements not only be able to give the body meridians appropriate stimulation. but also massages the internal organs. effectively regulating the nervous system and the endocrine system. improve.



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