

Richard Hittleman s Yoga 28day (Paperback)

By Richard Hittleman

Random House USA Inc, United States, 1999. Paperback. Condition: New. Reissue. Language: English. Brand New Book. You will quickly grasp the ancient Yogi secrets of breathing, concentration, nutrition and muscle control—in just minutes of your spare time and without any discomfort. Day by day you will notice astonishing results—loss of weight, greater firmness, more energy, relief from pain, freedom from stress and an overall feeling of youthfulness and well-being.





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