



The fast slimming yoga 50 Law (with CD-ROM)(Chinese Edition)

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paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2004-05-01 Pages: 120 Publisher: Guizhou People basic information title: fast slimming yoga 50 Law (with CD-ROM) List Price: 32.00 yuan of: Song Kuicheng book. Hanyu Ping Translation Publishing House: Guizhou People's Publishing Date :2004-5-11SBN: 9787221065445 Words: Page: 120 Revision: 1 Binding: Paperback: Weight: Editor's Choice \ t \ t famous masterpieces: the world's top experts in the creation. Korea yoga instructor demonstration. 50 remarkable effectiveness of body weight. yoga; targeted: obesity for different body parts. intensive training Nice Bottom the stovepipe. beauty back. waist. Montien Breast. Xiangshou. which to lean which! Wide adaptation: Whether you are edema. or obesity. Whether you are a type of fat or muscle type. regardless of your body is apple-shaped or pear-type. just keep practicing these 50 postures can you molded fit and slim modern beauty; easily adhere: sets and cumbersome actions make you feel no confidence can not be out of time to persevere. Movements are simple book. a gesture. a purpose. anywhere out of five minutes. you will be able to easily reach the target; fast and practical: easy to...



Reviews

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