



## Yoga posture guide(Chinese Edition)

By RONG MING . XIE LI NA . FAN YAN YAN

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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