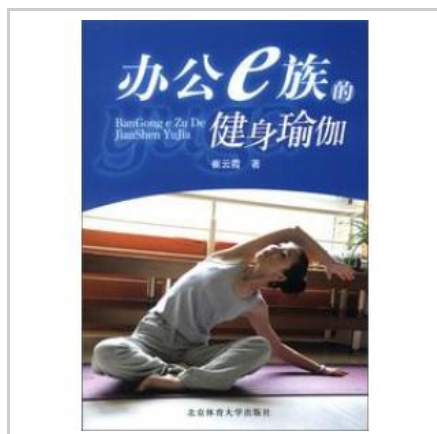




The office E Family Fitness yoga(Chinese Edition)

By CUI YUN XIA

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2013 Pages: PHYSICAL EDUCATION INSTITUTE OF SHANXI TEACHERS Language: Chinese Publisher: Beijing Sports University Press Office E Family Fitness Yoga by the authority of the yoga instructor. full Producer. experienced coaches carefully improved yoga. intended to help office workers completely solved the problem. no time. no space to practice yoga so that every contact with the office E Family Fitness Yoga office workers can be harvested from the physical and mental state improved. with a more positive. healthy The body and mind to face the daily work and life. Office E Family Fitness Yoga opened yoga veil of mystery in a relaxed and smooth text. even if on Yoga have no understanding of the people. but also to whom attracted. The same time. the book also in-depth analysis of the root causes of mental and physical exhaustion office E family in the office. in order to design a targeted yoga moves. effective prevention and mitigation office E family are most prone to cervical spondylosis. frozen shoulder. mouse in hand and other diseases of civilization of the...



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