



meridian slimming detox Yoga (with CD)(Chinese Edition)

By JIAO LIN JIANG // DAN DAN

paperback. Condition: New. Language: Chinese. Pages Number: 166 Publisher: China Textile Pub. Date :2011-07-01 No. 1 1st print version 2011-07-01. which the meridians detox slimming yoga (with CD) by Jiao Lin Jiang, and Dandan with. the book moves compile yoga posture, stretching through a unique, twisted moving, bending and stretching movements, the use of contact between various parts of the body, physical contact with the ground, effectively stimulate the various acupuncture points and massage, to adjust the endocrine.

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