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By JIAO LIN JIANG

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback Pages Number: 144 in Publisher: Liaoning Science and Technology Press; 1st edition (November 1. 2011) Contents: yoga. ask you thin enough Bring you into the world of yoga yoga origin yoga traditional worship style yoga potent weight-loss secret of yoga breathing and meditation. abdominal breathing Xiongshihuxi completely breathing sun pranayama clean up the meridian interest rate adjustment candlelight meditation OM voice meditation sleep meditation (also said the preparation of matters rest before the surgery) Yoga yoga precautions you understand why fat Cannon waist twisting sit-ups on the leg in mountaineering-style stretching scissors snake hit the local can be thin charm Makeovers to help you succeed face-lift combo magic weapon: the face-lift face-lift yoga of fruits and vegetables. facial warm-up to strengthen the cheek wind tree side and mouth muscles to the lips. the tongue to stimulate blowing pouting face to stimulate the jaw movement facial massage to stimulate the seven days to get rid of the annoying belly to be a beautiful head and touch the knee of the small waist fine type waist stretch triangle twist camel...



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