

## Detox Slimming Yoga (Chinese Edition)



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*(Damien Reynolds I)*

## DETOX SLIMMING YOGA(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: 2013 Pages: 168 Language: Chinese. English in Publisher: China Textile Press. you want to have a perfect body to do a rescue of their own goddess? 99 percent of obesity can be solved through simple scientific method. Detox slimming yoga is a traditional Chinese meridian. the perfect combination of Chinese massage medicine and Indian yoga asana. This soothing and facilities inside and outside the movement. through a unique stretching. twisting. bending and stretching movements. the use of the contacts between the various parts of the body. the body contact with the ground. effectively the various acupuncture points to stimulate and massage. to adjust the endocrine improve lymphatic and blood circulation. promote the metabolism of the body. to break down the body meridians that regulate human organs to produce natural efficacy. and ultimately achieve natural weight loss purposes. to develop no longer fat physique. Contents: Chapter Oriental the downsizing wisdom - the magic yoga + Meridian Chapter 01 Oriental Slimming: Yoga and Traditional Chinese Medicine Meridians a general slimming method meridian Detox Yoga slimming law distinction of The Difference of the Body Slimming Between the Common Ways and Meridians Yoga the life everywhere toxins is the culprit of obesity Toxin in Life Leading to Fat start the six detoxification of the body organs of self-healing function is the primary task of slimming Slimming Functions of Six Detox Organs. Millennium yoga detox slimming function can solve the fundamental problems of your body Yoga Detoxification and Fat Loss. yoga combined meridian. you become the dominate their own body of goddess Perfect Slimming Combination of Meridians and of Yoga Chapter II now beginning to recognize the fourteen meridians of the human...



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