



Aiyang: safe motherhood Yoga Yoga Practice Guide for expectant and new mothers(Chinese Edition)

By JI TA AI YANG GE . LI TA KAI LE DENG ZHU

Hardcover. Condition: New. Language:Chinese.Pub. Date:2016-09-01 Publisher: HardCover Hainan press yoga as a sport for pregnant women. popular in the world. but also a wide range of Chinese women love. Iyengar yoga Motherhood is an important branch of modern yoga. it's safe. scientific and accurate worldwide. its rich experience and highly structured system of mothers more targeted. Book for the beginning.



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