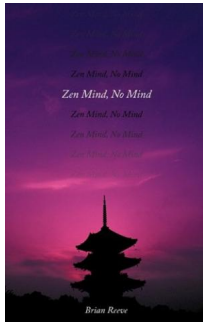


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AUTHORHOUSE, United States, 2011. Paperback Book Condition: New. 200 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book is in two parts: The first, Body Mechanics, describes our body type, structure, systems, organs and canals, physical conditioning, and stress. The second, Concept, Principle and Technique, describes meditations and breathing, mind and body coordination, mental calm and strength, physical relaxation with power, extending energy of the mind, physical conditioning, mindset, self-defence, and massage. The techniques...

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- Authored by Brian Reeve
- Released at 2011



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