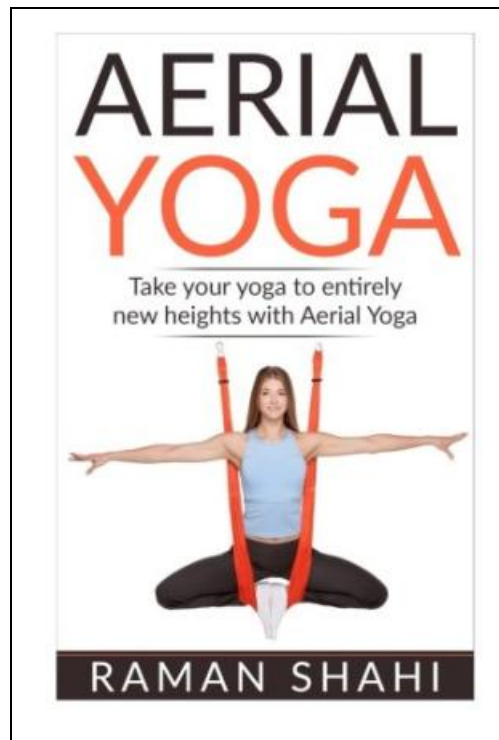


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AERIAL YOGA: TAKE YOUR YOGA TO ENTIRELY NEW HEIGHTS WITH AERIAL YOGA (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Take Your Yoga To Entirely New Heights Have you been hopping from class to class, Zumba to salsa, yoga to pilates, aerobics to gym in an attempt to lose weight without actually having lost any weight? Are you tired of attending the humdrum gym at office and seeing the same work colleagues day in and day out 24 by 7? Are you looking for a different perspective on fitness and health? Then you should continue reading this book. Aerial yoga is the aerial alternative to yoga that will give you the weight loss that a gym workout does, the core strength that pilates offers and toning up that lifting weights delivers. It will help build physical as well as mental strength. Here Is A Preview Of What You ll Learn What Is Aerial Yoga ? Fundamentals of aerial yogaBenefits of aerial yogaPrecautions for aerial yogaExercises for aerial yoga.



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