

## Richard Hittleman s Yoga 28day (Paperback)

By Richard Hittleman

Random House USA Inc, United States, 1999. Paperback. Condition: New. Reissue. Language: English . Brand New Book. You will quickly grasp the ancient Yogi secrets of breathing, concentration, nutrition and muscle control--in just minutes of your spare time and without any discomfort. Day by day you will notice astonishing results--loss of weight, greater firmness, more energy, relief from pain, freedom from stress and an overall feeling of youthfulness and well-being.





## Reviews

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