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Breath-Centered Yoga with Leslie Kaminoff DVD

By Leslie Kaminoff

Human Kinetics Publishers, United States, 2010. Digital. Condition: New. Language: English . Brand New Book. Body. Breath. Mind. Discover what millions of yoga enthusiasts already know: Breath-centered yoga provides the ultimate total-body workout. Join Leslie Kaminoff, world-renowned instructor and author of the best-selling Yoga Anatomy, as he guides you through the postures, movements, and breathing techniques designed to improve balance, flexibility, strength, and mental clarity. Breath-Centered Yoga with Leslie Kaminoff includes four complete programs so you can experience the benefits anytime, anywhere. Best of all, you can do so regardless of your age, your body type, or even your previous experience in yoga. It is a personal session in your own private studio. Throughout, detailed instruction, breathing and movement cues, and expert advice combine to provide a deeper understanding of every pose. You will learn how to modify movements and tailor workouts to your body, your needs, and your goals. Additionally, the special programming feature allows you to sequence multiple routines for longer, more challenging, or more targeted workouts. With a host of features including five alternative audio tracks with specialized information (including an instructor-only track) and original music from Robert Spalding Newcomb, Breath-Centered Yoga with Leslie Kaminoff is the...



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Reviews

A whole new eBook with a brand new viewpoint. Yes, it is perform, continue to an interesting and amazing literature. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for concerning should you ask me).

-- **Margie Jaskolski**

I actually started off looking over this publication. Indeed, it really is play, nevertheless an amazing and interesting literature. Its been printed in an exceedingly basic way and is particularly just right after i finished reading this ebook by which actually altered me, affect the way i believe.

-- **Toney Bernhard**