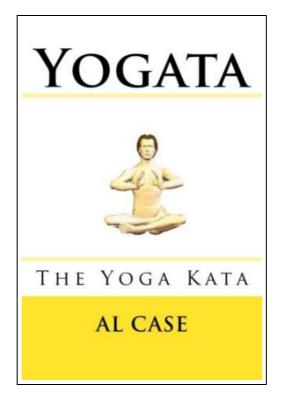
Yogata: The Yoga Kata



Filesize: 8.31 MB

Reviews

A must buy book if you need to adding benefit. It is actually writter in basic phrases and never difficult to understand. I found out this book from my dad and i advised this publication to find out.

(Miss Camila Schuppe III)

YOGATA: THE YOGA KATA



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******Yogata means The Yoga Kata. Yoga is a method of increasing awareness, along with good health, through the seeking of stillness. Karate is a method of increasing awareness, along with good health, through the seeking of stillness in motion. Taken apart, they are half of a whole. But taken together, they result in half the study time and twice the benefits. Yogata is guaranteed to bring you better health, increased flexibility and strength, rehabilitation from injury, resistance to mild illness and diseases of the body. Yogata (The Yoga Kata) was designed by Al Case. It can be done before class, after class, for injury rehabilitation, and all of the immense benefits of Yoga and the Martial Arts. Al Case has nearly 50 years training in the martial arts, including such arts as Kenpo, Karate, Aikido, Wing Chun, Northern Shaolin Ton Toi, Southern Shaolin Fut Ga, Pa Kua Chang, Tai Chi Chuan and more. He is a writer for the martial arts magazines, and had his own column in Inside Karate. He is the originator of Matrixing and Neutronics. He has developed over a dozen martial arts video courses. He has also written over 25 novels and 15 martial arts training manuals.



Read Yogata: The Yoga Kata Online Download PDF Yogata: The Yoga Kata

Other Books



Ip Man Wing Chun Basics (the movie Ip Man director Sin Kwok. Ip Man master(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown Pages: 129 in Publisher: China Industrial and Commercial Joint Press...

Save Document »



Taken: Short Stories of Her First Time

 $Speedy\ Publishing\ LLC,\ United\ States,\ 2015.\ Paperback.\ Book\ Condition:\ New.\ 229\ x\ 152\ mm.\ Language:\ English\ .\ Brand\ New\ Book\ ****** Print\ on\ Demand\ ******.\ Taken\ is\ the\ intimate\ and\ sensually\ heated\ account\ of\ two...$

Save Document »



Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-I ship FAST with...

Save Document »



Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 108 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books ...

Save Document x



Way it is

Second Story Press. Paperback. Book Condition: new. BRAND NEW, Way it is, Donalda Reid, It's the 1960s - the time for equal rights, peace, and love. But for Ellen Manery, it's the time to work...

Save Document »