



Body Sculpting With Yoga: Take Yoga Up to the Next Level! (Paperback)

By Gwen Lawrence

Hatherleigh Press, U.S., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Body Sculpting with Yoga s innovative new approach to strength building combines unique body-weight and resistance training exercises with traditional yoga practices. A fresh take on endurance and strength-building workouts, Body Sculpting with Yoga represents the next step forward for reaching your physical peak. Even if you have never tried a yoga workout, you can still feel comfortable with this dynamic approach to training. Including nutritional guidelines, warm-up routines, and motivated guidance, Gwen Lawrence s revolutionary program empowers you to achieve defined arms and shoulders, lean sexy abs, and a strong, sculpted body. With easy to follow instructions, clear photographs, and extensive information on yoga techniques and strength-building tips, Body Sculpting with Yoga provides a comprehensive guide to this unique fitness approach, making these powerful workouts accessible to people of all fitness levels.



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