

Kick Ass Yoga: Functional Training für mehr Power, Flexibilität und innere Ruhe (Paperback)



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KICK ASS YOGA: FUNCTIONAL TRAINING FÜR MEHR POWER, FLEXIBILITÄT UND INNERE RUHE (PAPERBACK)



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Graefe und Unzer Verlag, 2017. Paperback. Condition: New. Language: German . Brand New Book. Yoga mit Biss, Herz und Seele! Du bist ein Fan der traditionellen Bewegungslehre, offen für sportliche Herausforderungen und hast keine Scheu davor, deine eignen Grenzen zu erkunden? Dann bist du hier genau richtig! Kick Ass Yoga ist inspiriert von verschiedenen körperorientierten Hatha-Yogastilen und verbindet ganz undogmatisch deren Vorteile mit Techniken des funktionellen Trainings - bis in die letzte Faszie. Drei spannende Workouts, deren Bewegungsabläufe dich auch im alltäglichen Leben weiterbringen werden, erwarten dich. Du kannst allein mit deinem eigenen Körpergewicht oder mit wenigen zusätzlichen Geräten trainieren. Down Dog, Twisted Moon, Pyramide: Jede Übung gibt es auch als Video zum kostenlosen Streaming - den Zugangscode findest du im Buch.



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