

Richard Hittleman's Yoga: 28 Day Exercise Plan

By Richard Hittleman

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This short time is all it takes to master the 38 simple exercises in this book. You will quickly grasp the ancient Yoga 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. This Yoga regimen will become a lifetime program to keep your whole organism radiant with a natural beauty and health.

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