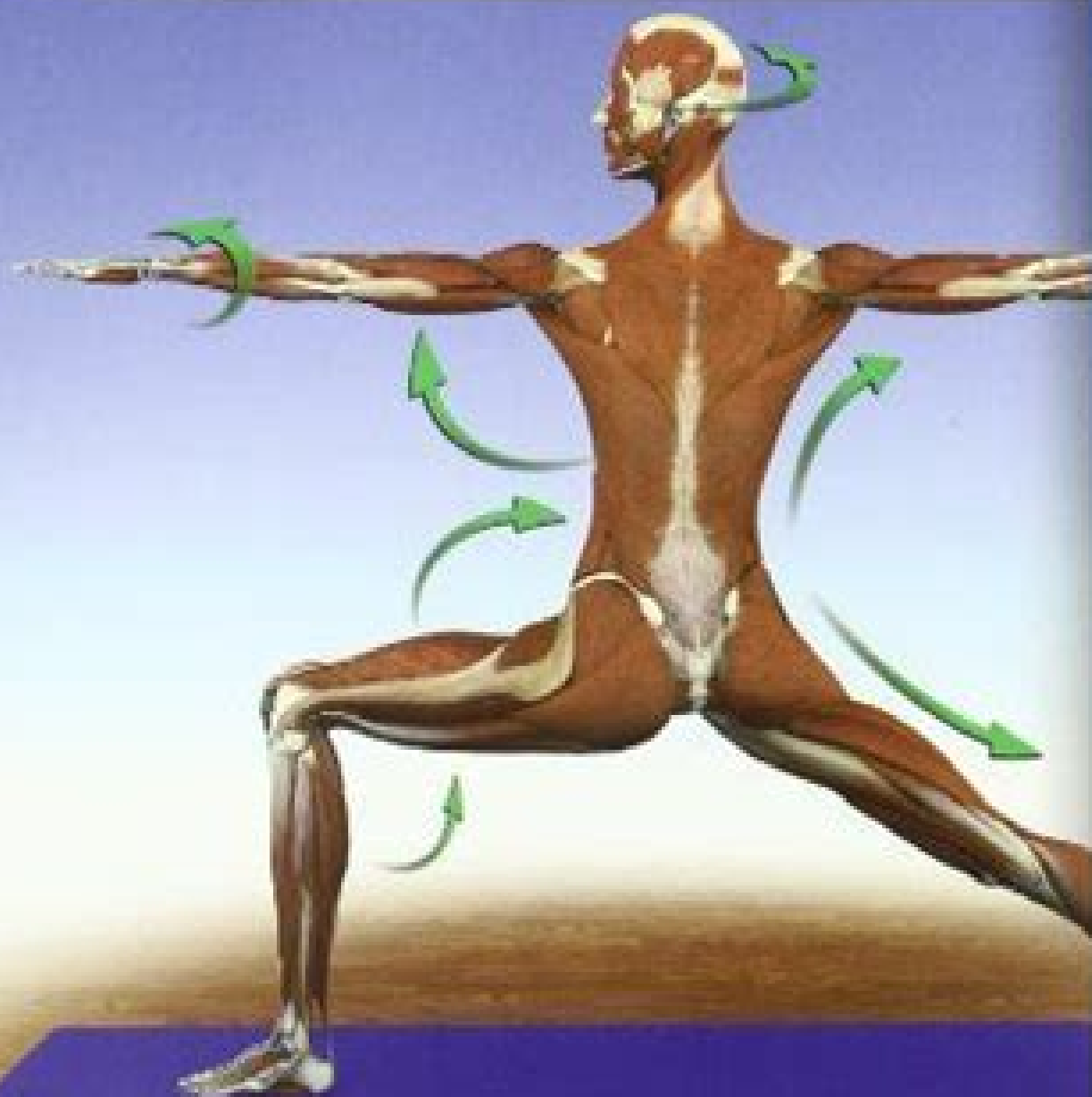


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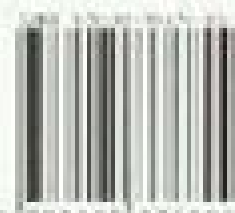
Los músculos clave en el Hatha Yoga

Ray Long MD FRCSC

Con ilustraciones de Chris MacIvor

Este libro es una útil herramienta para el estudio y comprensión de los mecanismos del movimiento a través del yoga, indicando su influencia y resultados en el cuerpo humano.

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