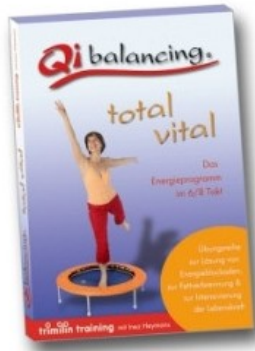




Qi balancing DVD

The DVD with exercises for the Trimilin trampoline.



CHF 44.00

The joint-friendly energy training on the Trimilin with Inez Heymans.

Series of exercises to release energy blockages, burn fat and to intensify vitality. A crossover of Yoga, Tai - Chi, Qi-Gong, Stepper and Trampoline = **moving Yoga**.

DVD 65 minutes, German