

Zenhaling™

BREATH - MEDITATION - MOVEMENT

"The Zen Essence, Yogic Path & Martial Spirit"



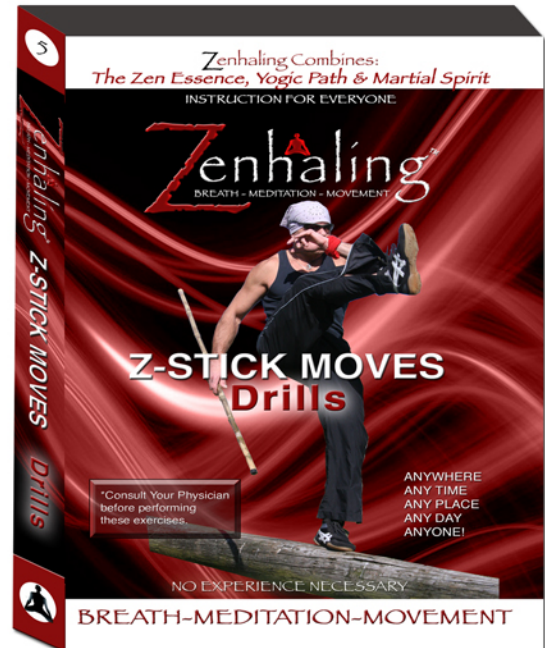
Perfect Training for:

Hockey
Baseball
Lacrosse
Football
Golf
Yoga
Zen
Martial Arts
All Stick Sports

Shadowboxing
Dry Swimming
Whip It
Bend The Bow
Swatting Chi
Figure 8 Spins
Air Strikes
100 Steps
Jingle Jangles
Forked Finger Stab
The Vault
Mountain Pose Balance
Lotus Orbiyt
Freestyle Canin'
Bull in the Ring
Stickyasa
Grass Drills

Z-STICK MOVES Drills DVD VIDEO

Z-Stick Drills exclusive to Zenhaling based on training Techniques known by Yogi's, Martial Artists and Zen Masters. Perfect for the competitive Athlete to add to their training to enhance their inherent Physical and Personal Power and provide their competitive edge!



Children to Seniors. All Levels and Skills



\$19.98 SRP

Order Date: 11/7/13

Street Date: 11/11/13



DVD CAT. #ZSMD1113DD

DVD UPC#700115370554

RUNNING TIME: 75 MIN.

Increase Yang, Agility, Balance, Strength, Focus, Alertness, Torque, Flexibility, Confidence, Energy, Composure. Decrease Internal Pressure, Negative Thoughts, Frustration.

"Everyone deserves this knowledge"

ORDERING INFORMATION:

ZENHALING

Phone: (484) 358-3436 E: TIM@ZENHALING.COM

WWW.ZENHALING.COM