

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

Ujjayi Breath
Tree Pose
Big Toe
Inversions
Grounding
Seated Forward Bend
Seated Star
Seated Moon
Cobbler's Pose
Dry Swimming
Chi Ball
Forked Finger Stab

Z-STICK MOVES Next Level DVD

The Next Level Movement Techniques known by Yogi's, Martial Artists and Zen Masters are now made available for everyone to add to their survival toolbox of exercises to enhance their inherent Physical and Personal Power and provide the competitive edge!



Children to Seniors. All Levels and Skills



\$19.98 SRP

Order Date: 11/7/13

Street Date: 11/11/13



DVD CAT. #ZSMNL1113DD

DVD UPC#700115370547

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

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