

Zenhaling™

BREATH - MEDITATION - MOVEMENT

"The Zen Essence, Yogic Path & Martial Spirit"



Perfect Training for:

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

Mountain Pose
Half Moon
5 Point Star
Triangle
Reverse Warrior
Samuari Lunge
Straddle
Muay Thai Knees
Leg Lift

Z-STICK MOVES The Basics DVD VIDEO

The Basic 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
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DVD CAT. #ZSMB1113DD
DVD UPC#700115370530
RUNNING TIME: 75 MIN.

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

"Everyone deserves this knowledge"

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