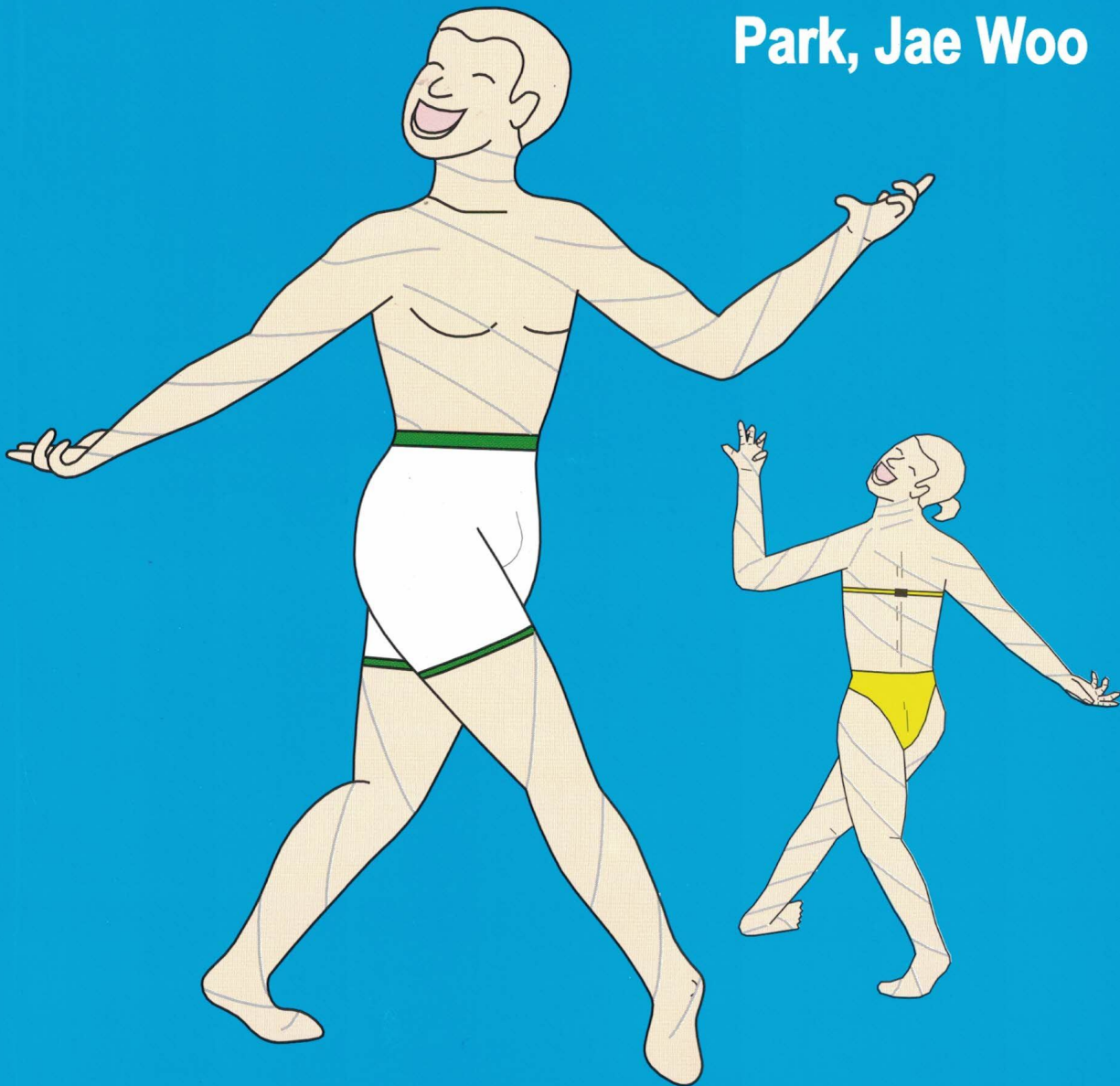


JOYFUL TWIST WALKING

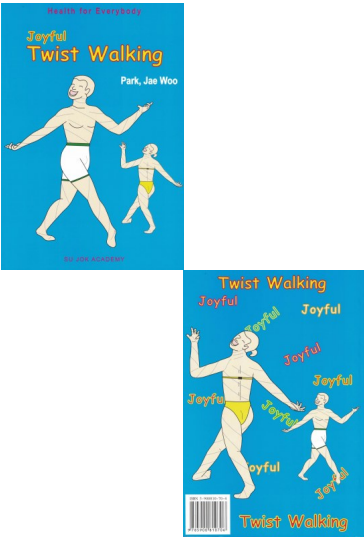
Health for Everybody

# Joyful Twist Walking

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SU JOK ACADEMY



PREFACE - Walk is a natural and indispensable part of daily life. While walking, we can be talking to each other, we are going to our workplaces, we are working and we are thinking. A certain proportion of our daily time is assigned to this motion of walking. - Twist walking is a life exercise designed to increase the necessary amount of body exercise, which is apt to be deficient, and to provide us with the healthy body and mind by making a good use of the time we spend for walking in everyday life. - Twist walking is full of joy and fresh feeling because it combines a great variety of twist postures and twist motions, simultaneously activation the functions of the whole body.

Rating: Not Rated Yet  
Price