



Product Code . JL-YC-3091

Paschimottanasana and Ardha Matsyendrasana Chart

Description

Paschimottanasana and Ardha Matsyendrasana Chart

Details: of this product:-

Spine becomes flexible and Elastic, the Abdominal organs- Digestive system, Nervous system are toned up

Size:- 50 x 75 cm

Laminated with thick plastic film on both sides

Fitted with superior plastic rollers

Available in English & Hindi combined

Available in English only also

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