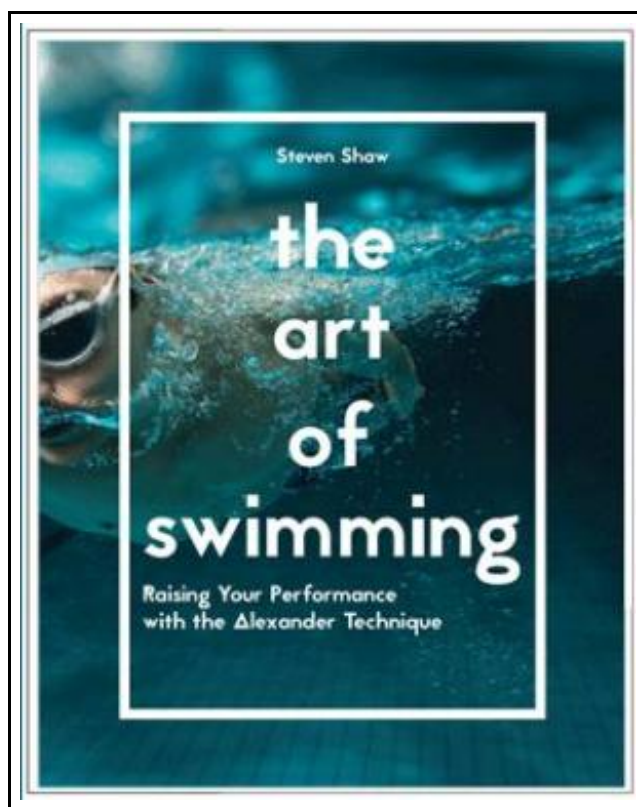


The Art of Swimming : Raising Your Performance with the Alexander Technique



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

THE ART OF SWIMMING : RAISING YOUR PERFORMANCE WITH THE ALEXANDER TECHNIQUE



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