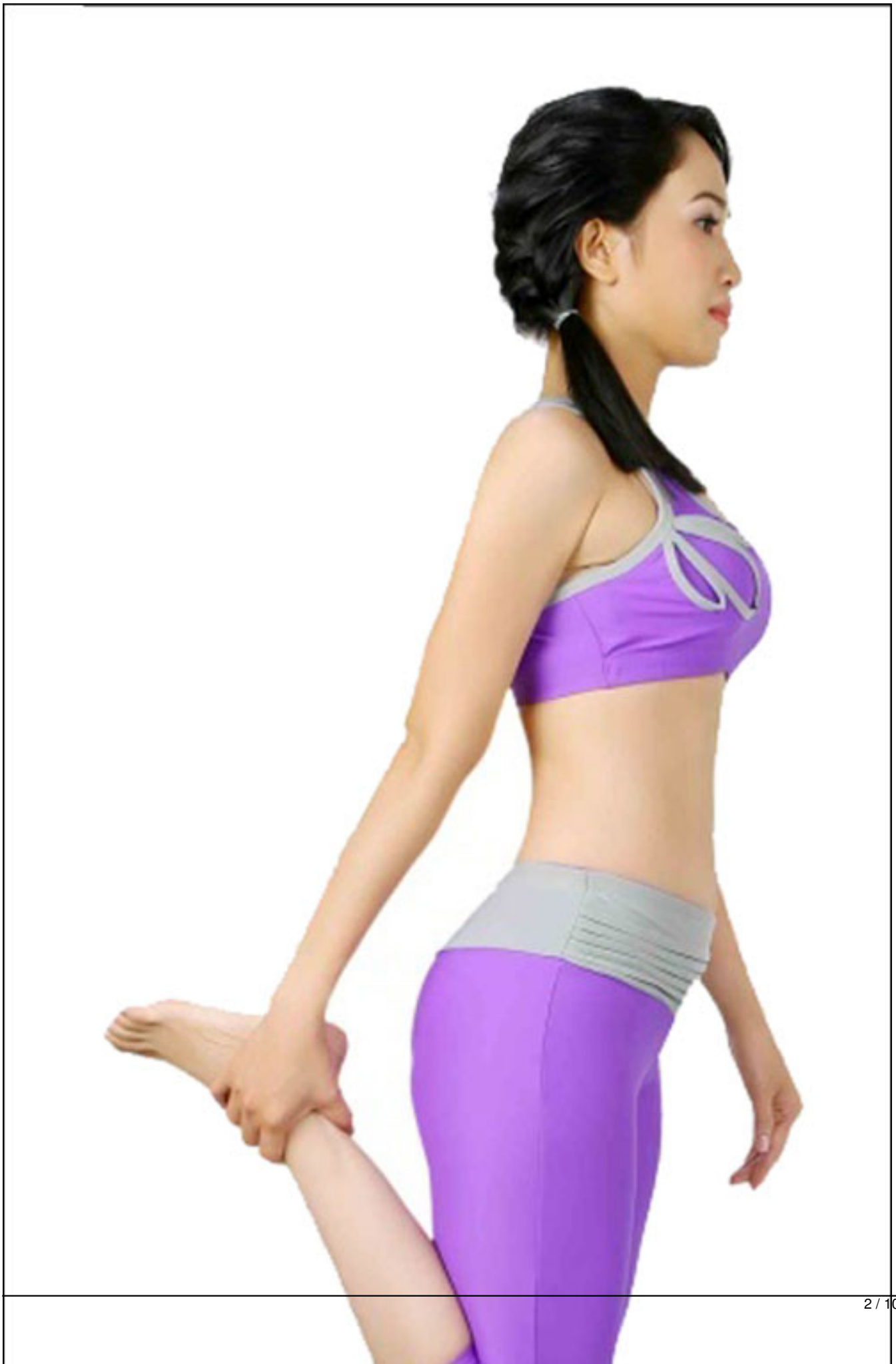
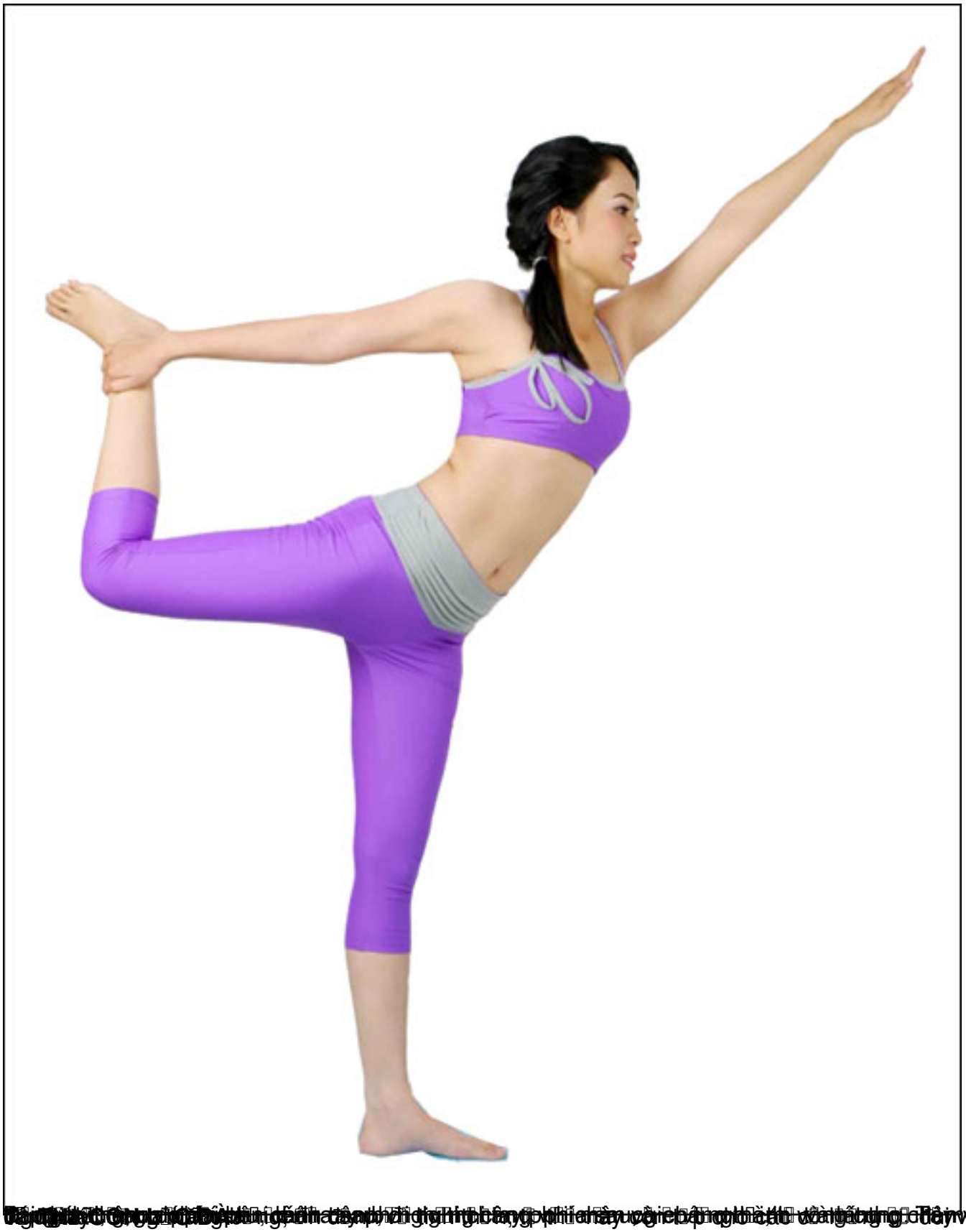
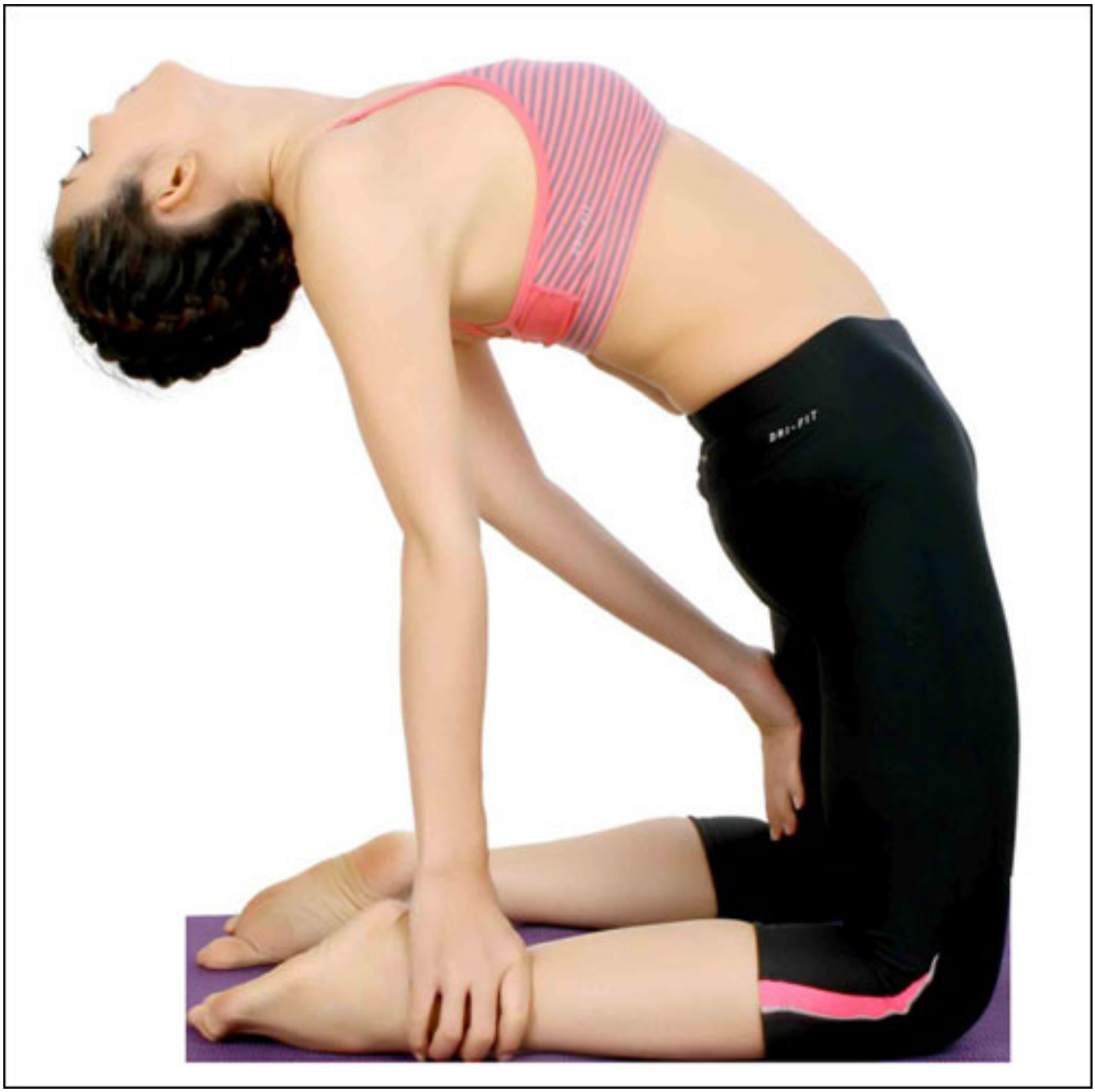
Các bài t□p c□a yoga ngoài tác d□ng làm săn ch□c c□ còn giúp c□ th□ d□o dai, linh ho□t, năng đ□ng. Nh□ng đ□ng tác u□n d□o, g□p ng□□i, co giãn liên t□c k□t h□p v□i k□ thu□t th□ s□ c□i thi□n s□ d□o dai c□a vai, l□ng và các kh□p trong th□i gian ng□n.

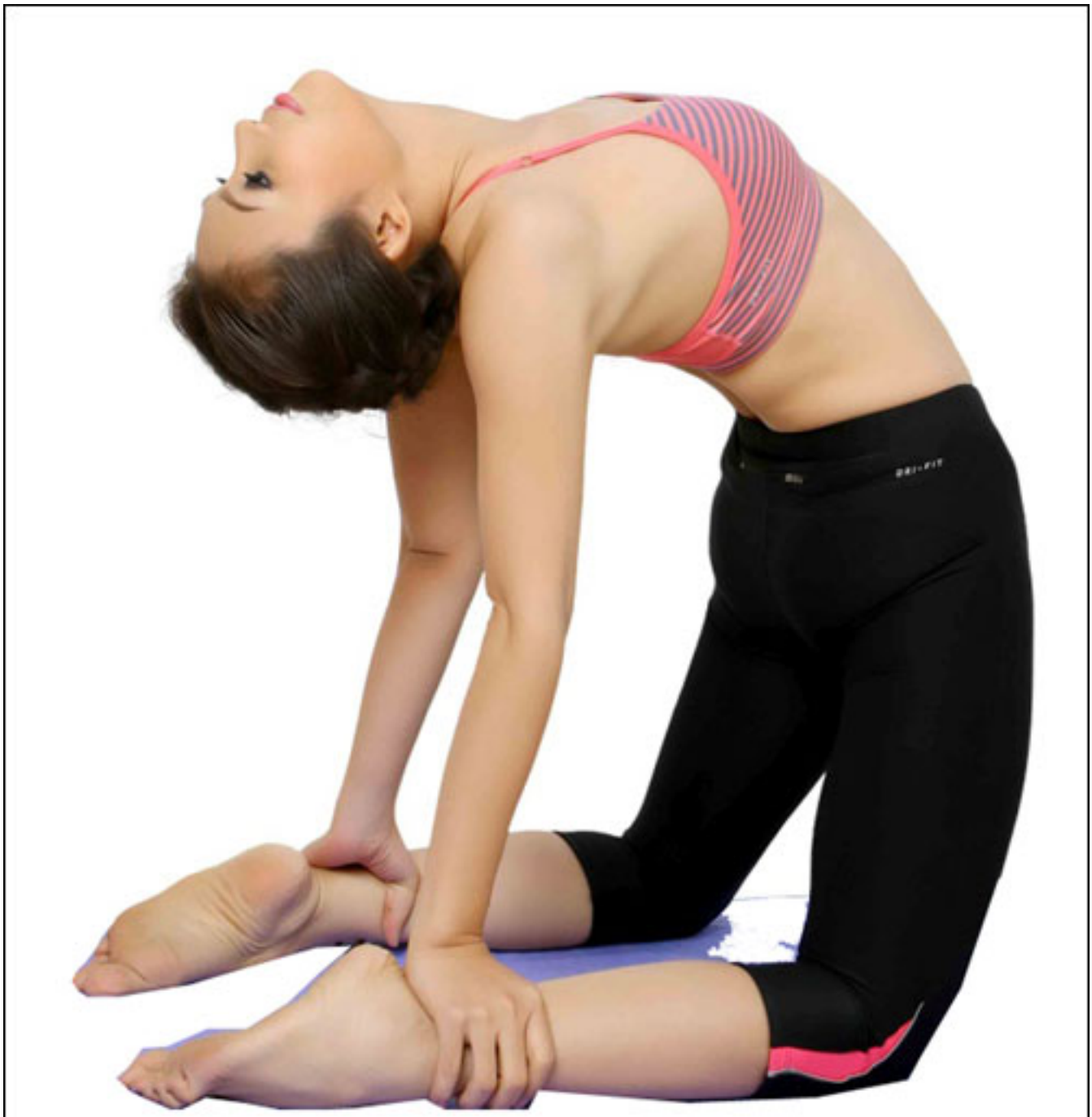
Ông Nguy□n Văn Ph□□ng - Ch□ nhi□m CLB Yoga TP.HCM gi□i thi□u m□t vài đ□ng tác yoga có hi□u qu□ u□n d□o d□ th□c hi□n.

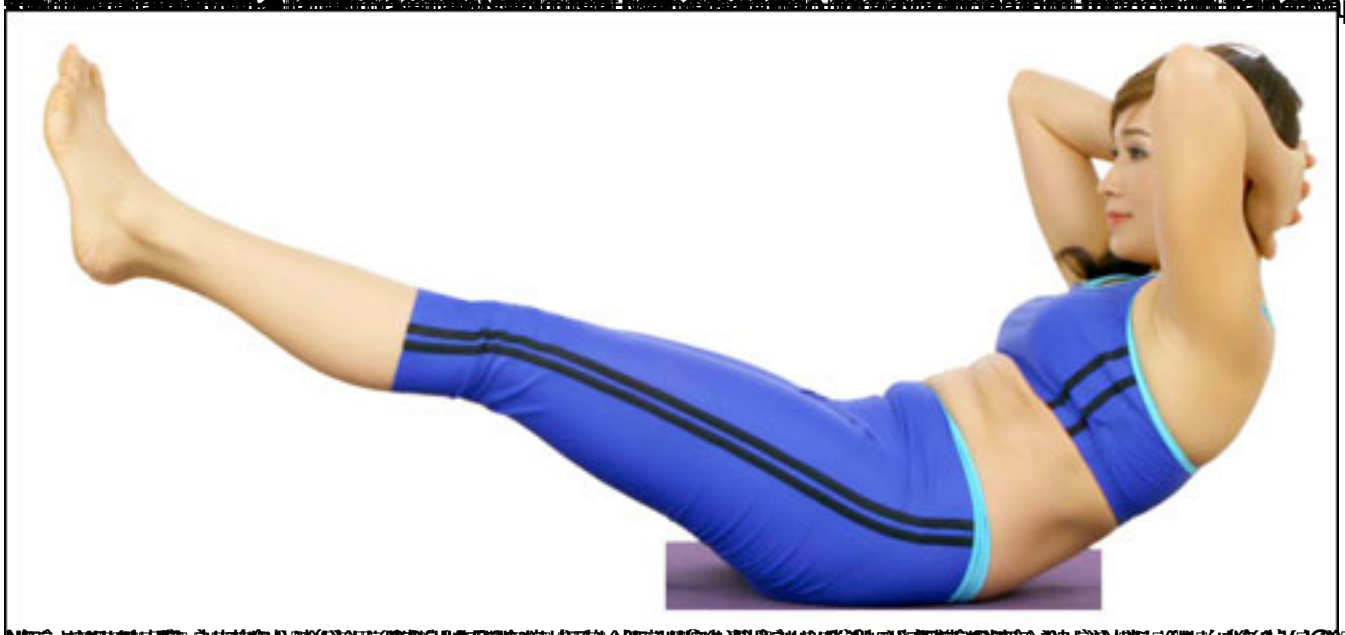
T□ TH□ N□A CÁI CUNG Đ□NG











Theo BD y (gh)