

Yoga/relaxation Bundle - Darrin Zeer

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A quarter of a million readers have relaxed in the workplace thanks to author Darrin Zeer and now it's your turn. This three-book bundle includes Office Yoga, Travel Yoga, and Everyday Calm and it contains all the strategies and stretches you need to reclaim your workplace calm. Office Yoga brings the ancient Indian art to the modern-day office with a fully illustrated, easy-to-use guide offering 75 stress-relieving stretches perfect for the cube environment. Travel Yoga has more than 50 techniques to help travelers relieve muscle tension, master the art of waiting, create hotel room harmony, blow off steam, and arrive revived. Everyday Calm offers over 50 fun and simple ideas for daily stress relief no matter where you are. Each book in the bundle contains charming and instructive illustrations to help you take a step back, calm your thoughts, and breathe. Author: Zeer, Darrin Publisher: Chronicle Books LLC Illustration: Y Language: ENG Title: Yoga/Relaxation Bundle Pages: 00288 (Encrypted EPUB) On Sale: 2012-09-28 SKU-13/ISBN: 9781452102740 Category: Health & Fitness : Exercise Category: Health & Fitness : Yoga

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