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Quick Fix Yoga 2018 Day-to-Day Calendar



Synopsis

With the Quick Fix Yoga 2018 Day-to-Day Calendar, anyone can squeeze in a few minutes in their demanding schedules for a stress-busting yoga move, says author Darrin Zeer. Named America's relaxation expert by CNN, Darrin shows just how easy it is. Each page of this daily calendar features a simple pose or stretch, a soothing quote, a helpful hint, or a fun illustration by Michael Klein, all designed to help busy people quickly relieve stress, enhance focus, and improve concentration. As an added bonus, the back of each page includes daily extra content such as puzzles, jokes, lists, quotes, activities, tips, and trivia.

Book Information

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