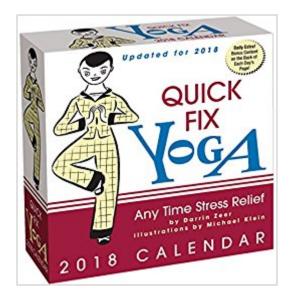


## The book was found

# 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**

Calendar: 640 pages Publisher: Andrews McMeel Publishing; Box Pag edition (August 22, 2017) Language: English ISBN-10: 1449484778 ISBN-13: 978-1449484774 Product Dimensions: 5.4 x 1.7 x 5.4 inches Shipping Weight: 12.6 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #299,262 in Books (See Top 100 in Books) #22 inà Â Books > Calendars > Diet & Health #782 inà Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

#### Download to continue reading...

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Quick Fix Yoga 2018 Day-to-Day Calendar Quick Fix Yoga 2017 Day-to-Day Calendar: Any Time Stress Relief Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Horses Dreaming Calendar - Calendars 2017 - 2018 Calendar - Wild Horses Calendar - Animal Calendar - Poster Calendar - Photo Calendar By Helma 2018 Wedding Bell Bliss 18 Month Planner Calendar 2017-2018: July 2017 To December 2018 Calendar Schedule Organizer with Inspirational Quotes (2018 Cute Planners) (Volume 35) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a

Day!, Yoga Mastery Series) Puppies Calendar - Cute Animals Calendar - Dog Breed Calendars 2018 - Dog Calendar - Calendars 2017 - Calendars 2017 - 2018 Wall Calendars - Puppies 16 Month Wall Calendar by Avonside Classic Car Calendar - Muscle Car Calendar - American Muscle Cars Calendar - Calendars 2017 - 2018 Wall Calendars - Car Calendar - American Classic Cars 16 Month Wall Calendar by Avonside Photography Calendar - Seasons Calendar - Calendars 2017 -2018 Wall Calendars - Sunset Calendar - Photo Calendar - Seasons 16 Month Wall Calendar by Avonside Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como ensenar yoga a los ninos mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses) Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners) Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patenjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint)

Contact Us DMCA Privacy

FAQ & Help