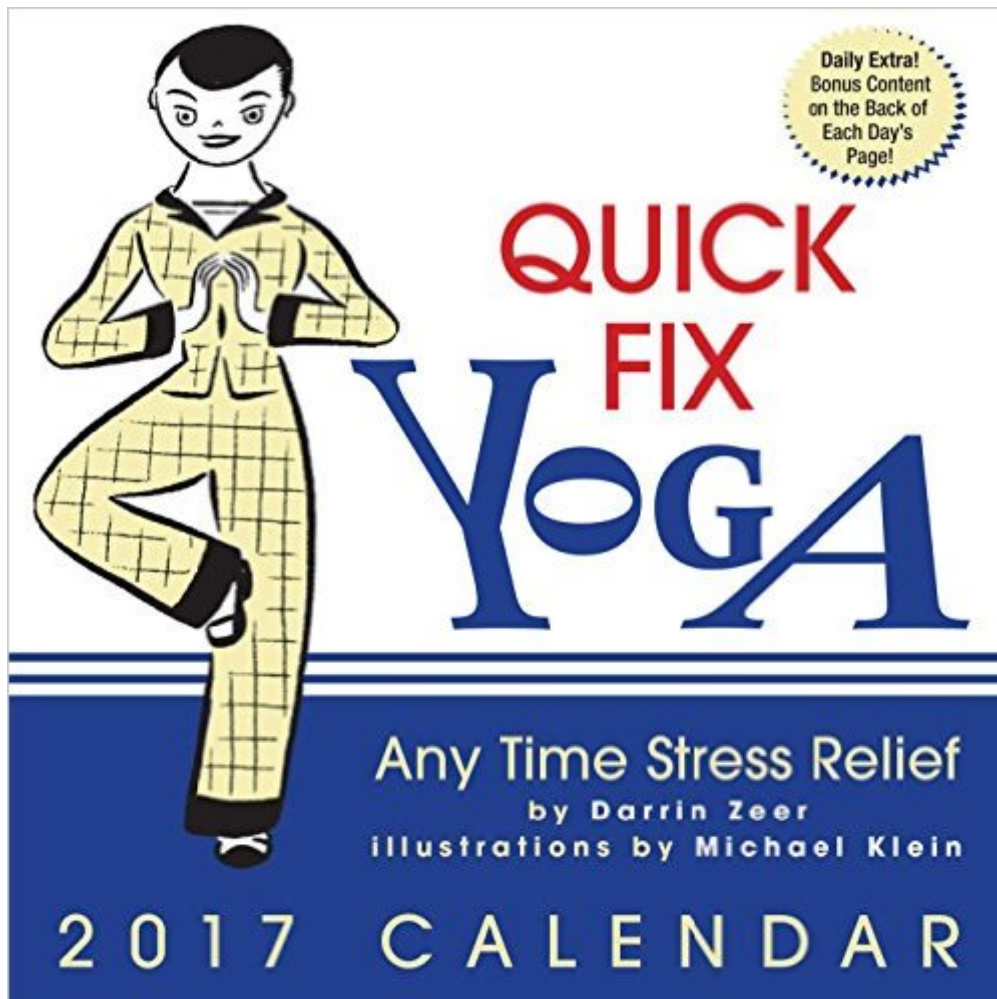


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Quick Fix Yoga 2017 Day-to-Day Calendar: Any Time Stress Relief



Synopsis

Managing stress in our daily lives is vitally important to our health and well-being. The Quick Fix Yoga 2017 Day-to-Day Calendar by Darrin Zeer, named America's relaxation expert by CNN, presents a down-to-earth approach to yoga and meditation that anyone can incorporate into his or her busy schedule. Each page of this daily calendar features an uplifting quote, a helpful hint, or a simple yoga pose or stretch that can be done in thirty seconds or less. This calendar is the perfect antidote to our hectic lives.

Book Information

Calendar: 640 pages

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