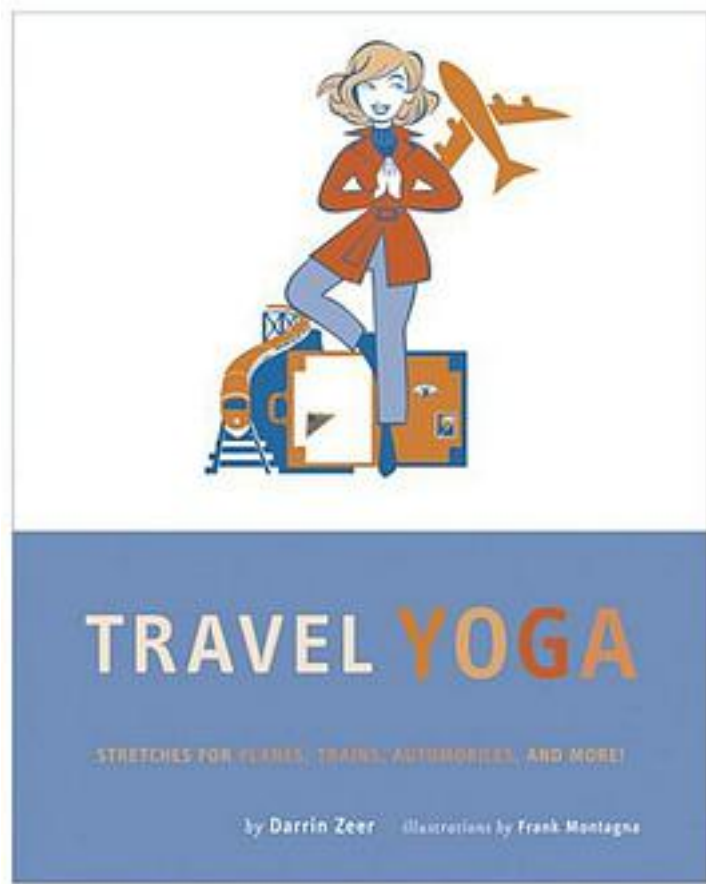


Travel Yoga



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著者:Darrin Zeer

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Ease the aches, ease the pains, and ease on down the road. From the creator of the best-selling "Office Yoga" comes the ultimate guide for harried travelers and commuters. Taking the age-old practice of yoga and adapting it for our modern lives, author Darrin Zeer has compiled 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. The removable guide in back is especially useful for frequent fliers, outlining stretches perfectly suited for small spaces. Packed with playful illustrations by Frank Montagna, "Travel Yoga" offers a host of techniques guaranteed to soften any landing.

作者介绍:

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