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Travel Yoga: Stretches For Planes, Trains, Automobiles, And More!



Synopsis

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.

Book Information

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Customer Reviews

Buy this book if you travel much!Personally speaking, travel stresses me out!! keep this book handy and since I am constantly waiting, I do Travel Yoga to pass the time.It is helping me to stay calm and keep my body in good shape.Chapter titles include:Packing Peace of MindArrival and Departure PatienceYoga on the GoHotel Room HarmonyYoga around the GlobeThere is a Quick Help Guide in the front to immediately address your sore neck, back etc.There is also a small stretch card in the back that can be ripped out and kept in your bag or purse.The page titles are

adorable and the information is quick and to the point. There are illustrations on almost every page. Glad I got it! Kahlil in S.D.

As a frequent traveler, this is a nice resource to keep me from stiffening up on flights. As a yoga instructor, it's a nice resource for putting together my classes, especially the chair classes, and for those office folks that need respite from sitting for hours..

I like having this little book handy on my phone. It gives good ideas of how to use yoga in all kinds of travel, from trains and cars to airplanes. I don't fly, but it would have come in handy on the train trip I took a couple years ago. We mostly travel by car now, so this will be handy on those long car trips.

I love this little book. We travel a lot and the exercises are just great and very helpful. I have begun to do the stretches from the book and I really feel much better while traveling. Thank you for a great little book!

This is such a lovely little book... it's packed with great ideas, good clear pictures and it is obviously lovingly crafted. Thank you to the author, it is just the book I was looking for. P.S. Love the motivational quotes too!

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