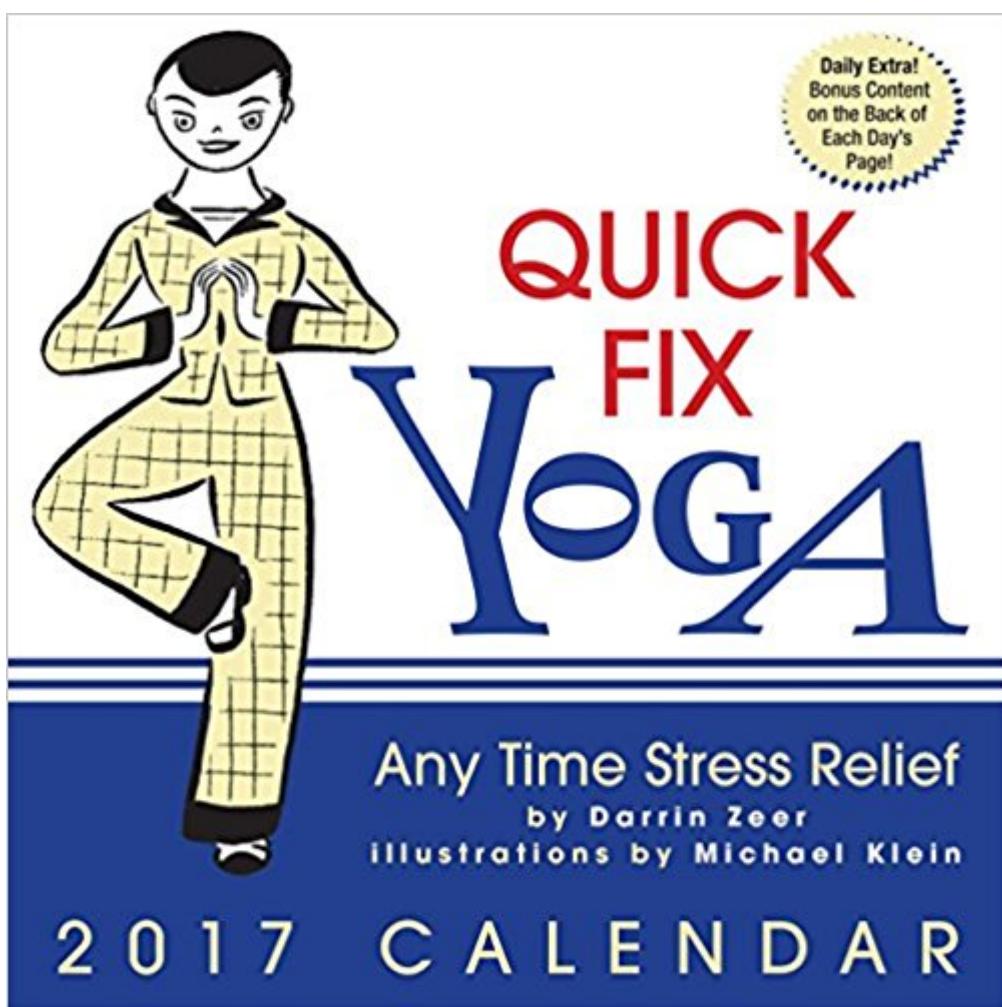


The book was found

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

Publisher: Andrews McMeel Publishing; Box Pag edition (August 23, 2016)

Language: English

ISBN-10: 144947876X

ISBN-13: 978-1449478766

Product Dimensions: 5.5 x 1.7 x 5.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #997,064 in Books (See Top 100 in Books) #88 in Books > Calendars > Diet & Health #2205 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

This calendar has quotes, proverbs, quick stretches, and mindfulness/breathing cues. it's a grab bag of zen for the day. i wish it was less quotes and more yoga, but the calendar tells me the dates and gives me little yogic tidbits so I'm not complaining. On the back of each page, it has a sudoku puzzle, word scramble or interesting fact. black and white.

There's more to each page than a "date". Simple Yoga hints, brain games, and quotable quotes are included for each day of the year. Though printed on re-cycled paper, the contents are not meant to be pieces of artful photography.

This calendar has little yoga, and almost none that a person who has been practicing for a month wouldn't know. Many days have tips about relaxation rather than yoga poses, and weekends typically have quotes. Definitely disappointed by this calendar. Quick Fix Relaxation would have been a more appropriate title.

On my work desk to combat stress from sitting to much;-)

Given as a gift. Nice daily reminder to my daughters to breathe, stretch, relax & take one moment at a time :)

This is a piece of fluff-- not a yoga calendar. Content like: Pre-Work Pampering/Great Hair Day, with instructions for massaging apple cider on your head.... Or, Treat yourself to a stimulating herbal-tea steam while you return calls." Or..."Keep your favorite moisturizer at your desk, etc..." The bulk of the calendar is tips/info like this, interspersed with quotes like "Every strike brings me closer to the next home run." --Babe Ruth. Nothing to do with yoga, a real disappointment.

I agree with the above reviewer. If you are looking for a day-by-day yoga calendar full of poses, keep looking!

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