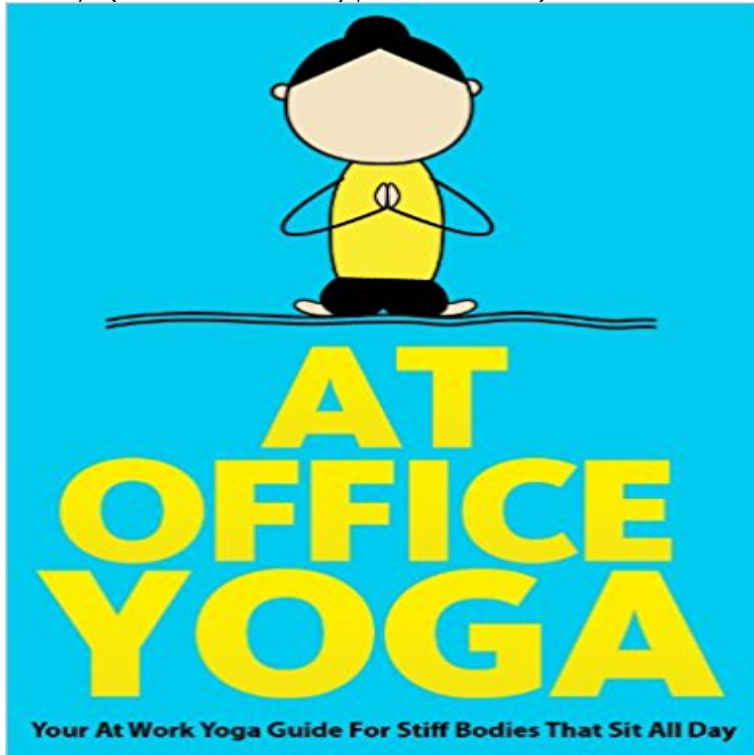


At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7)



You work hard all day! Dont you deserve a break? Recent studies have proven that sitting for extended periods of time throughout the work day is more than just uncomfortable and boring, it is detrimental to your health! To help combat dangerous side effects of sedentary lifestyles, like obesity, heart disease, depression, and diabetes, you need to move throughout your day -- a lot! At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day shows you how simple doing yoga at work (and before and after) really can be. And its so good for you too! Practicing yoga throughout the work day will: Increase MetabolismImprove PosturePrevent and Manage Carpal Tunnel SyndromeDecrease Stress and MoodinessBoost Energy and ProductivityHelp You Feel Comfortable, Confident, and Awesome! Julie Schoen, professional yoga teacher based in New Mexico, guides you through three carefully crafted yoga sequences that are designed specifically to help keep you in tip top shape both mentally and physically while at work. The 7th installment of her popular Just Do Yoga series, Schoens humor, detailed instruction, and beautiful color photographs make this yoga guide one you will return to again and again, beginners to advanced yogis welcome! Make The Best Of Your Work Day Today -- Buy At Office Yoga Now!

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You want to sit in a chair at a height where you can sit with your shoulders relaxed . PS: Speaking of mobility, we just announced Nerd Fitness Yoga coming out later this month! **Happy Back Yoga: Your Complete Yoga Guide For A Pain Free** Yoga. In your office. Ive created the perfect yoga sequence below as much as I can when Im working to give my body a break luckily I stretches and poses you can do sitting in your office chair, no yoga to bring your torso close to the leg at all sometimes just sitting up . May 17, 2015 at 7:33 am. **17 Best ideas about Stiff Shoulder on Pinterest** **Stiff neck relief** Buy products related to office yoga products and see what customers say At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga) (Volume 7) This office yoga ebook is SUPER handy to keep in your phone! 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