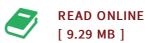




Desktop Yoga

By Bharat Thakur

Wisdom Tree, New Delhi, India. Softcover. Book Condition: New. For most of us, our desk is like a second home. In fact, we probably spend more time glued to our desks than at home. This often results in severe backache, frozen shoulder, difficulty in walking and body pain. Desktop Yoga solves your dilemma in a flash by giving you simple and effective yoga exercises that you can do at your desk itself. Printed Pages: 112.



Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger