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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

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