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Collins Gem 15-Minute Yoga: Bite-Sized Yoga for Instant Results

By Chrissie Gallagher-Mundy

HarperCollins UK. Paperback. Book Condition: New. Paperback. 192 pages. Bite-sized yoga that fits in with your everyday life and gives instant results. Get all the benefits from yoga by practicing for just 15 minutes in your normal working day. Whether at home, in the office, or at class, all you need is 15 minutes to make a difference to your life. Included is a brief introduction to hatha yoga and its benefits as well as details on when and where to practice yoga, breathing and relaxation, 15-minute morning yoga exercises (to wake you up and focus your mind and body), 15-minute evening yoga exercises (to help you wind down), and 15-minute bedtime yoga exercises (to help you relax, overcome insomnia, and put the events of a busy day into perspective). The 15-minute sessions within each section can be practiced by all levels from beginner to advanced, and you can choose the time of day which best fits your lifestyle to practice. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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-- Wilber Altenwerth

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