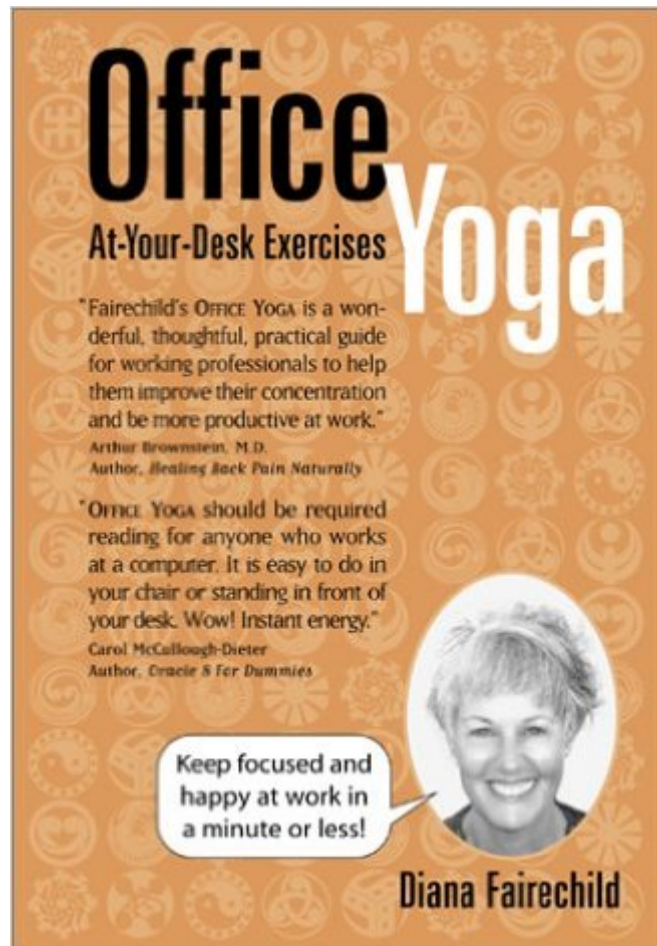


The book was found

Office Yoga: At Your Desk Exercises



Synopsis

Book by Fairechild, Diana

Book Information

Paperback

Publisher: Flyana.com; 2 edition (January 31, 2001)

Language: English

ISBN-10: 1892997401

ISBN-13: 978-1892997401

Product Dimensions: 7 x 5 x 0.4 inches

Shipping Weight: 6.7 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #892,467 in Books (See Top 100 in Books) #28 in [Books > Business & Money > Business Culture > Health & Stress](#) #2170 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #2275 in [Books > Self-Help > Stress Management](#)

Customer Reviews

I am a Yoga instructor and this is one of the first books I recommend to yoga students that work in office environments. Easy to read, clear guidance and an inexpensive book.

[Download to continue reading...](#)

Office Yoga: At Your Desk Exercises Your Office: Microsoft Office 2016 Volume 1 (Your Office for Office 2016 Series) Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Your Office: Getting Started with Project Management (Your Office for Office 2013) Your Office: Microsoft Excel 2016 Comprehensive (Your Office for Office 2016 Series) Your Office: Microsoft Access 2016 Comprehensive (Your Office for Office 2016 Series) How to Start a Family Office: Blueprints for setting up your single family office (Family Office Club Book Series 3) Programming Microsoft Office 365 (includes Current Book Service): Covers Microsoft Graph, Office 365 applications, SharePoint Add-ins, Office 365 Groups, and more (Developer Reference) Far Side Desk Calendar: 2003 (Desk Calendar) 2015 Physicians' Desk Reference, 69th Edition (Physicians' Desk Reference (Pdr)) The Oxford American Desk Thesaurus (Oxford Desk Reference Series) Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Little Flower Yoga for Kids:

A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance
Pre-natal Yoga: Yoga Class and Guide Book. Yoga Pretzels (Yoga Cards) Sleepy Little Yoga: A
Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For
Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue &
Lymphedema Management The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of
the Yoga Sutras

[Dmca](#)