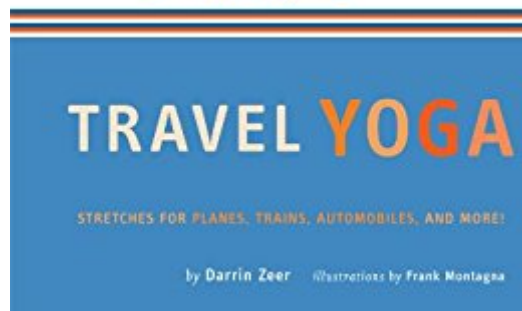




The book was found

Travel Yoga: Stretches For Planes, Trains, Automobiles, And More!



Synopsis

Ease the aches, ease the pains, and ease on down the road. From the creator of the best-selling Office Yoga comes the ultimate guide for harried travelers and commuters. Taking the age-old practice of yoga and adapting it for our modern lives, author Darrin Zeer has compiled more than 50 techniques to help travelers relieve muscle tension, master the art of waiting, create hotel room harmony, blow off steam, and arrive revived. The removable guide in back is especially useful for frequent fliers, outlining stretches perfectly suited for small spaces. Packed with playful illustrations by Frank Montagna, Travel Yoga offers a host of techniques guaranteed to soften any landing.

Book Information

File Size: 5768 KB

Print Length: 96 pages

Publisher: Chronicle Books LLC (July 1, 2010)

Publication Date: July 1, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B003VPWW1Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #653,232 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #114

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #797 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga #2232 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting

Customer Reviews

Buy this book if you travel much!Personally speaking, travel stresses me out!! keep this book handy and since I am constantly waiting, I do Travel Yoga to pass the time.It is helping me to stay calm and keep my body in good shape.Chapter titles include:Packing Peace of MindArrival and Departure PatienceYoga on the GoHotel Room HarmonyYoga around the GlobeThere is a Quick Help Guide in the front to immediately address your sore neck, back etc.There is also a small stretch card in the back that can be ripped out and kept in your bag or purse.The page titles are

adorable and the information is quick and to the point. There are illustrations on almost every page. Glad I got it! Kahlil in S.D.

As a frequent traveler, this is a nice resource to keep me from stiffening up on flights. As a yoga instructor, it's a nice resource for putting together my classes, especially the chair classes, and for those office folks that need respite from sitting for hours..

I like having this little book handy on my phone. It gives good ideas of how to use yoga in all kinds of travel, from trains and cars to airplanes. I don't fly, but it would have come in handy on the train trip I took a couple years ago. We mostly travel by car now, so this will be handy on those long car trips.

I love this little book. We travel a lot and the exercises are just great and very helpful. I have begun to do the stretches from the book and I really feel much better while traveling. Thank you for a great little book!

This is such a lovely little book... it's packed with great ideas, good clear pictures and it is obviously lovingly crafted. Thank you to the author, it is just the book I was looking for. P.S. Love the motivational quotes too!

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

Travel Yoga: Stretches for Planes, Trains, Automobiles, and More! YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Paris Travel Guide - Paris Travel: The Ultimate Guide to Travel to Paris on a Cheap Budget: (Honeymoon in Paris, Paris Travel Guide, Travel on a Budget, Save Money) Barcelona Travel Guide: Barcelona, Spain: Travel Guide Book-A Comprehensive 5-Day Travel Guide to Barcelona, Spain & Unforgettable Spanish Travel (Best Travel Guides to Europe Series Book 10) London Travel Guide: London, England: Travel Guide Book-A Comprehensive 5-Day Travel Guide to London, England & Unforgettable English Travel (Best Travel Guides to Europe Series Book 9) Florence Travel Guide: Florence and Tuscany, Italy: Travel Guide Book-A Comprehensive 5-Day Travel Guide to Florence + Tuscany, Italy & Unforgettable Italian ... Travel Guides to Europe Series Book 3) NEW ZEALAND: The Ultimate Travel Guide and 125 Travel Tips You Must Know Box Set

(New Zealand Travel Guide, New Zealand Travel) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Scroll Saw by Land, Sea & Air: 46 Ready-to-Cut Patterns for Trains, Ships, Planes and Cars Model Trains: 10 Things That You Must Know About Trains and Railroads New York City Subway Trains: 12 Classic Punch and Build Trains Lovers' Yoga: Soothing Stretches for Two Office Yoga: Simple Stretches for Busy People Lionel Trains Pocket Price Guide 1901-2015 (Greenberg's Pocket Price Guide Lionel Trains) IRELAND: The Ultimate Travel Guide and 125 Travel Tips You Must Know Box Set (Ireland, Ireland Travel Guide, Ireland Guide) NEW ZEALAND: The Ultimate Travel Guide With Essential Tips About What To See, Where To Go, Eat And Sleep (New Zealand Travel Guide, New Zealand Travel) Drive Time: Watches Inspired by Automobiles, Motorcycles and Racing

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)