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## Yoga for Travel by Plane Train Bus Car (Paperback)

By Lisa Shea

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. For many people, traveling is inherently stressful. There is the worry of not packing everything you need. The physical discomfort of being on the road. The illnesses of other travelers impacting your own health. Depending on where you go, there can be strange foods that your stomach is not quite willing to digest properly. Yoga can help with all of this. This book is designed to help you ease the stress of being on the road. By adding gentle movements to your travel routine you ensure your body gets the best possible chance to release those tense muscles and relax. That then boosts your immune system to ward off colds and germs. If you re in a situations where you re crossing time zones or dealing with other sleep issues, the meditation portion of this book can help immensely. Numerous studies show that meditation time is almost as good as sleep time for refreshing and refueling the brain. This book is a subset of my larger books on yoga and meditation. This book here is specifically aimed at techniques you can...



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