

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.

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Travel Yoga has 30 ratings and 1 review. Miss Lily said: This is one I'll keep in my carry-on! Includes stretches from everywhere from before you leave y. Darrin Zeer's Travel Yoga: Stretches for Planes, Trains, Automobiles, and More! is just the right antidote for the stresses and strains of any journey. This calming. Taking the age-old practice of yoga and adapting it for our modern lives, the creator of Office Yoga has compiled more than fifty techniques to help travelers.

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The Hardcover of the Travel Yoga: Stretches for Planes, Trains, Automobiles, and More! by Darrin Zeer, Frank Montagna at Barnes & Noble.

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A simple guide to yoga practice in the form of a small handbook with a brief overview of Travel Yoga: Stretches for Planes, Trains, Automobiles, and More.

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