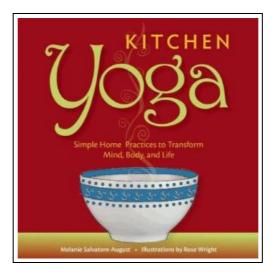
Kitchen Yoga: Simple Home Practices to Transform Mind, Body, and Life (Paperback)



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Yellow Pear Press, United States, 2015. Paperback. Condition: New. Rose Wright (illustrator). Language: English . Brand New Book. An inspiring twist on integrating yoga and life, the author of Kitchen Yoga cooks up poses and practices to do wherever you are. From a modified Down Dog while waiting for your morning coffee to steep to detox practices in the bathroom, Locust Pose in the living room and many more. Finish your day with relaxation exercises in bed and slip into a calm, peaceful sleep. East-to-follow yoga recipes coupled with helpful illustrations will transform your simmering stress-filled life into feast for the mind and body.

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