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This short easy to read book is completely as advertised by its subtitle 108 easy practices for stress relief in a minute or less There s nothing truly groundbreaking for any already familiar with yoga and mindfulness which is probably why the cover contains a Perfect for Beginners icon

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Book Review "Yoga Sparks 108 Easy Practices for Stress

A frequent contributor to Yoga Journal she is the author of several books including Yoga Sparks 108 Easy Practices for Stress Relief in a Minute or Less and Healing Yoga for Neck and Shoulder Pain

About Carol Healing Moves

Carol Krucoff C IAYT E RYT is a yoga therapist fitness expert and award winning journalist She is the author of several books including "Yoga Sparks 108 Easy Practices for Stress Relief in a Minute or Less" and "Healing Yoga for Neck and Shoulder Pain" and is co author with her Duke cardiologist

husband Mitchell Krucoff MD

Yoga Sparks NewHarbinger.com

Yoga Sparks offers 108 quick practical and accessible yoga exercises that you can practice anytime anywhere no matter how busy or stressful your schedule In this book you will learn how yoga in bite size pieces can become a healthy habit that can relieve emotional stress increase your physical strength and flexibility and help you to lead a happier healthier life

Carol Krucoff YogaUOnline

Yoga Therapist and Author She is author of several books including Yoga Sparks 108 Easy Practices for Stress Relief in a Minute or Less Healing Yoga for Neck and Shoulder Pain and is co author with her Duke cardiologist husband Mitchell Krucoff MD of Healing Moves How to Cure Relieve and Prevent Common Ailments with Exercise

Carol Krucoff C IAYT E RYT Duke Integrative Medicine

Carol Krucoff is a yoga educator who teaches people with health challenges how to use yoga breathing movement and meditation techniques to find ease in body and mind Carol is co founder and co director of the Integrative Yoga for Seniors teacher training designed to help yoga instructors work safely and effectively with older adults

Carol Krucoff and Kimberly Carson YogaUOnline

Carol Krucoff C IAYT E RYT is a yoga therapist at Duke Integrative Medicine in Durham She is author of several books including Yoga Sparks 108 Easy Practices for Stress Relief in a Minute or Less Carol Krucoff and Kimberly Carson

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