



Happy-Go-Yoga: Simple Poses to Relieve Pain, Reduce Stress, and Add Joy

Christine Chen

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Playful, simple, and beneficial yoga poses and mental exercises to help alleviate pain and stress-for anyone, anytime, anywhere. Yoga isn't about becoming a human pretzel, being vegan, or wearing trendy workout clothes to a green juice bar. It's a way of creating healthy habits to live a life of less suffering and more peace and happiness. But we can't always get to a yoga class. Based on her own healing journey, instructor Christine Chen presents a fun, easy way to make yoga a part of our everyday lives to transform discomfort and chaos-at home, in the office, during a commute, in our relationships-into bits of happiness, health, and focus, no matter your fitness level, yoga experience, age or gender. HAPPY-GO-YOGA is for all times, for all of us. Try it. Feel better. Get happy.

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