



## Calming Yoga : For Mental and Spiritual Well-Being

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By Storey Publishing Staff; Stanisiewski, Darlene Graham

Storey Publishing, LLC, North Adams, MA, U.S.A., 2004. Soft cover. Condition: New. Clear step-by-step directions for a simple sequence of yoga postures that will increase your physical flexibility, boost your strength and even enhance your immune system. The author is a nurse and mental health specialist who maintains a private psychotherapy practice and teaches yoga to other health professionals.



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