

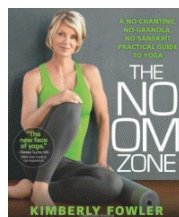
Unwind - Destress and soothe your body

Yoga, stretching, and more

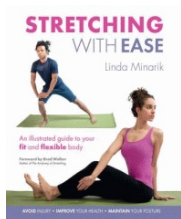
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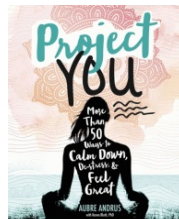
Yoga for people who can't be bothered to do it / Geoff Dyer.
Dyer, Geoff.



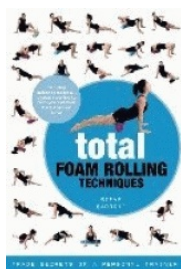
The no OM zone : a no-chanting, no-granola, no-Sanskrit practical guide to yoga / Kimberly Fowler.
Fowler, Kimberly.



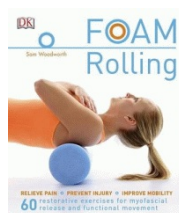
Stretching with ease : an illustrated guide to your fit and flexible body / Linda Minarik ; foreword by Brad Walker.
Minarik, Linda, author.



Project you : more than 50 ways to calm down, de-stress, and feel great / by Aubre Andrus, with Karen Bluth, Ph.D.
Andrus, Aubre, author.



Total foam rolling techniques : trade secrets of a personal trainer / Steve Barrett.
Barrett, Steve, author.

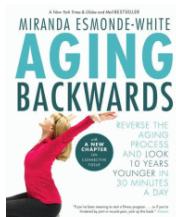


Foam rolling / Sam Woodworth.
Woodworth, Sam, author.

Unwind - Destress and soothe your body

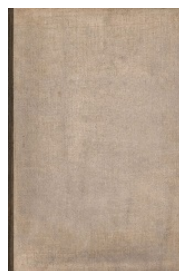
Yoga, stretching, and more

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Aging backwards : reverse the aging process and look 10 years younger in 30 minutes a day / Miranda Esmonde-White.

Esmonde-White, Miranda, 1949- author.



Classical Stretch Complete Season 13 by ESSETRICS : Core Strengthening Series.



Classical stretch. Back pain relief and prevention / produced by the Esmonde Technique.



Classical stretch. The complete season 12 TV series, Aging backwards / produced by The Esmonde Technique ; with Miranda Esmonde-White.