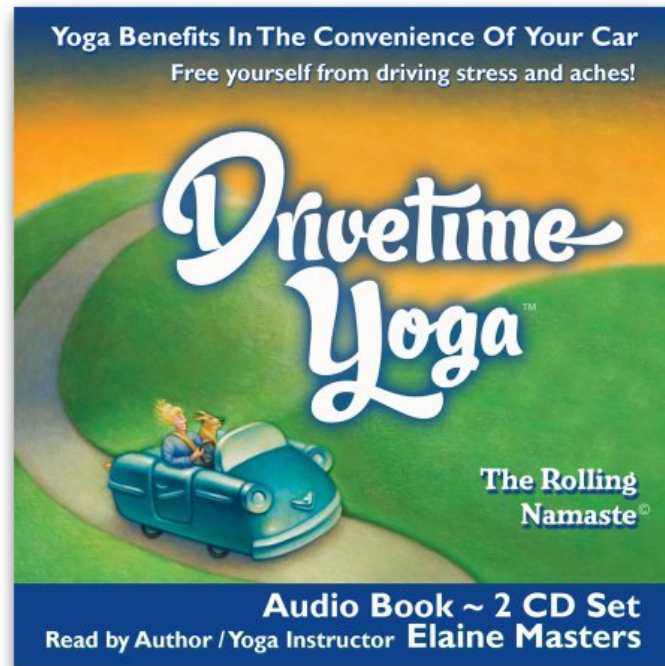


(Read free) Drivetime Yoga: Award Winning Audio Book

Drivetime Yoga: Award Winning Audio Book

Elaine Masters

*DOC | *audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#2244633 in Books 2007-09-20 Original language: English 5.00 x 5.75 x .251, Binding: Audio CD | File size: 64.Mb

Elaine Masters : Drivetime Yoga: Award Winning Audio Book before purchasing it in order to gauge whether or not it would be worth my time, and all praised Drivetime Yoga: Award Winning Audio Book:

0 of 0 people found the following review helpful. Five Stars By A. Demello great product, A+++ 1 of 1 people found the following review helpful. IndieReader Review By Amy Edelman Drivetime Yoga is the first head-to-toe system to relieve driving stress, giving drivers practical road rage remedies and safe, simple techniques to ease chronic neck, shoulder and back aches. The techniques are adapted from Yoga, ergonomics and hours of research behind the wheel. With Drivetime Yoga, drivers arrive ready to play and be more productive. Reviewed by IR Staff 1 of 1 people found the following review helpful. Drivetime Yoga Audio Book By Adrienne Pelton What do I do while I am driving? I relieve stress, soothe tight muscles and arrive refreshed! Elaine Masters has a knack for giving practical instructions to break up your body's knots and increase alertness while waiting in traffic. What could be better than melting away the stress of the day during your commute? Drivetime Yoga is perfect anytime, anywhere, on a plane, train, or just relaxing at home. Anytime you need a pick me up. Enjoy! Namaste

Indie Excellence award-winning, 2 CD audio book. Listen and safely dissolve back pain from sitting and commuter stress, while practicing small, simple stretches and breath work. Avoid road rage, repetitive driving injuries and travelers thrombosis. With these simple, road-tested techniques you'll arrive ready to play, ready to work. The simple guided stretches and breathing techniques are practiced by Police Officers, sales people and busy parents. Get where

you're going feeling great!

Realizing that the drivers of Southern California's freeways could use a little mindful breathing while on the road, Elaine has developed what's arguably the most unique and beneficial tool for commuters since the stop light. OK, maybe since the police radar detector, but you get the idea. Elaine is the creator of Drivetime Yoga. And honestly, who doesn't need to mellow out when they're on the road? A little more relaxed while driving is good for all of us. Essentially, Drivetime Yoga offers tips on how to relax while driving by using yoga inspiration and driving ergonomics to fight road rage, relieve commuter stress and improve driver health. - Rick Bell is senior editor for Workforce Management in Irvine and previously was managing editor of the San Diego Business Journal. Examiner.com review --Examiner.com - Extreme Commuter Blog --AskPatty.com - Jody De Vere, Founder Car Yoga Cures Road Rage Driving is not the most pleasant experience for me. Especially in a dense city like Toronto, traffic jams or traffic related incidents and road rage go hand in hand. I admit that once in awhile road rage sneaks up on me and for a few seconds, the worst side of me rears its ugly head. And almost always I regret my behaviour. In addition, I tend to get foot cramps and/or a stiff neck during long commutes. For those of you like me, who want to minimize driving injuries or road rage, Drivetime Yoga may be the answer. Drivetime Yoga, created by Elaine Masters, offers tips on how to relax while driving by using yoga asanas and driving ergonomics to fight road rage, relieve commuter stress and improve driver health. Marina - UnitedYogis.com --UnitedYogix.com Yoga has become very popular as a low impact exercise program to improve one's fitness quota. I for one, have been a walker or water fitness person, (who really needs to do it more often!). I've considered Yoga but until now never felt it fit my Car Girl image until now... Elaine Masters of Drivetime Yoga has developed a very innovative idea to combine Yoga and driving to help reduce stress and improve posture. - Jody De Vere, founder Ask Patty, Automotive Advice for Women -- AskPatty.com About the Author Elaine Masters, RYT, speaker and travel writer, helps organizations and commuters, business and recreational travelers stay happy, pain free and productive. Drivetime Yoga includes contributions from Julie Garner, Physical Therapist / Ergonomist.