

**Yoga At Work : 10-Minute Yoga Workouts For Busy
People By Miriam Freedman**

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ISBN: 1852308176 9781852308179: OCLC Number: 34514209: Description: xi, 164 pages : illustrations ; 22 cm: Responsibility: Miriam Freedman and Janice Hankes.

Yogacity nyc | yoga sleuth

It was a Monday afternoon and while many people are counting the minutes to the end of the work day, Yoga Sleuth minute yoga class was out of Yoga Sleuth, or

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Janice Hankes is the author of Yoga for Busy People People; Events Janice Hankes s Janice Hankes Author profile

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Yoga for busy people: simple 10- minute exercises

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