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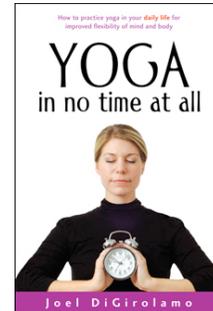
## Yoga Poses to Practice at Any Moment in Your Daily Life

*The poses provided in this book can be done in little or no time with a tiny amount of effort, creating a yoga practice in many moments of your daily life.*

Lexington, Kentucky August 26, 2009 – How many times have you heard someone say, “I’d really like to do yoga but I just don’t have time for it?” That is no longer an excuse. The new book, *Yoga in No Time at All*, published by PranaPower, LLC, provides 39 poses that can be done while you are brushing your teeth, putting your socks on, and during many other activities.

These poses will assist you in maintaining strength, balance, and flexibility and require little effort. The description of each pose includes:

- time required
- benefits
- difficulty level
- muscles awakened
- related traditional yoga poses.



“What’s exciting about this,” says author Joel DiGirolamo, “is that it’s not just about poses I have created. It’s a collaborative effort since anyone can contribute a pose. Three of the poses in this book were contributed by others and anyone can contribute a pose for subsequent editions. This draws the reader and practitioner deeper into the book for a richer experience.”

A section on workstation ergonomics and a break time series make this book an ideal addition to corporate wellness programs to promote fitness and productivity at the office. A glossary of anatomical parts, references, and an extensive index make this comprehensive work a valuable companion for all individuals wanting to bring more movement into their lives. Yoga instructors, physical therapists, massage therapists, and all other health practitioners will find this book to be a valuable asset.

### About the Book

*Yoga in No Time at All* was published on June 8, 2009. This 168 page, 6”x9” softcover book (ISBN 978-0-9770884-6-1) is available through the nationwide wholesaler Baker & Taylor, New Leaf Distributing, Amazon.com, and other book retailers. More information, including sample pages, is available at <http://yogainnotimeatall.com>.

### About the Author

Joel DiGirolamo has been practicing yoga since 1967. He currently practices and teaches Ashtanga Yoga, a dynamic and vigorous form of Hatha Yoga. His training has come from many instructors in the US and India and he looks forward to becoming a Registered Yoga Teacher in October 2009. He is a keynote speaker and has worked with the media in several capacities.

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