



# Five Minute Stretch: Easy Routines to Tone Your Body and Relax Your Mind (The five minute series)

*Robert The*

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## **Five Minute Stretch: Easy Routines to Tone Your Body and Relax Your Mind (The five minute series)**

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Stretching is one of the most effective ways of reducing tension in the body. Focusing on key times and activities during the day, this book contains illustrated stretching routines for the morning, evening and during the day. The techniques are drawn from Yoga, T'ai Chi, Qi Gong and modern dance.

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