

# Everyday Life Yoga

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Beauty &  
Well-Being



## Synopsis:

Practising yoga every day is possible, if we know what movements to adopt and how to realize them in every possible situations!

Thanks to Christine Campagnac-Morette, readers will learn how to relax following the different moments of the day, that they are at the office or at home, and while always adopting correct postures.

They will find solutions to reduce pains that can happen anytime during the day, like for example backaches or digestive problems.

## The Author:

**Christine Campagnac-Morette** worked with many yogis and schools throughout her carrier. In the 70s, she decided to specialize in yoga-therapy. She is passionate about Indian traditions and now teaches these millenary discipline methods, for example to employees from various companies.

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