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Shambhala Publications Inc, United States, 2012. Paperback Condition New. Language: English. Brand New Book. An ever-increasing number of people depend on computers for both work and entertainment, which means an ever-increasing number of hours spent slumped in a chair--and an ever-increasing number of hand, wrist, neck, and shoulder injuries. Yoga for Computer Users offers a new kind of preventive self-care. It contains twenty-three illustrated poses and exercises, plus breathing and relaxation techniques, that increase circulation and range of motion,...

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- Authored by Sandy Blaine
- Released at 2012



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