



## Media Advisory

For December 6, 2009 3:00 p.m.

**What:**

Author discussing and signing: *Yoga in No Time at All*

**Where:**

Barnes & Noble Booksellers  
6501 N. Grape Rd.  
Mishawaka, IN 46545

**When:**

Sunday, December 6, 2009  
3:00 p.m.

**Who:**

Joel DiGirolamo, author

**Why:**

Many people say they are too busy to practice yoga. That is no longer an excuse. 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. This book provides 39 creative poses, or asanas, that can you do along with other activities or in a very short time.

Each asana includes:

- Time Required
- Benefit
- Difficulty Level
- Muscles Awakened
- Description
- Traditional Asanas

A section on workstation ergonomics and a break time series make this book is an ideal addition to corporate wellness programs to help keep employees fit and productive 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.

**Contact:**

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