

Easy & Effective Chair Yoga

Sitting Fit *Anytime*

Interactive
CD-ROM
& Screen Saver

- ♥ Re-energize at work
- ♥ Release stress & tension
- ♥ Supports corporate wellness & ergonomic programs

"Highly Recommended!"
— Yoga Journal

Featuring
Susan Winter Wood

YOGA
SITTING
FIT

Bonus Travel Companion Guide

At Your Desk ♥ In Your Chair ♥ Anytime - Anywhere!

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