



Running Press

Finger Yoga: Bend, Stretch, Relax (Miniature Editions)



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Bliss is at (your fingertips') reach! This kit -- the perfect gift for yogis -- contains: Mini yoga pants to wear on the pointer and middle fingertips A desktop yoga mat Two mini yoga exercises blocks A 32-web page illustrated mini publication with instructions for finger yoga exercise poses Stage your tired fingers right into a pair of teeny yoga jeans, roll out your desktop mat, and present those exhausted digits a stretch (or a workout) with Finger Yoga!



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My fingers are in thier best shape of thier lives My fingers are in thier most effective form of thier lives. My girlfriend notices my versatility and strength. Fun white elephant This was an office white elephant gift, and it was a hit. Five Stars Offered to yoga instructor, who thought it was a clever idea. This allows me to apply my finger yoga exercise in the privacy of my very own home. No longer cramping when choosing my nasal area or scratching my behind. Very fun, exactly what I wanted.



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