

# Happy-Go-Yoga

simple poses to relieve pain, reduce stress, and add joy



*Anyone. Anywhere. Anytime.*

Christine Chen

*Christine Chen*

## **Happy-Go-Yoga: Simple Poses to Relieve Pain, Reduce Stress, and Add Joy**



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Playful, simple, and beneficial yoga poses and mental exercises occur your true life to greatly help alleviate pain and stress." --New York Journal of Books A #1 National Bestseller on Amazon in Exercise & Fitness and Injury Avoidance A #1 ERA on Amazon (2015)Sold globally in Hong Kong, New Zealand, Canada and MoreTranslated and sold in RussiaAdvice from the publication and writer featured in: Fox Health Information, HLN/CNN, Todayshow. "Highly recommended in an effort to create healthy habits for a more peaceful, happy lifestyle. No mat, big course, or huge time dedication required - just your commitment to feeling better and being happier!com, USA Today, AARP Life Reimagined, Costco Connection, Real Simple, Health. Yoga exercise isn't about learning to be a human pretzel, getting vegan, or wearing trendy workout clothes to a green juice bar.com and more! Based on her personal healing trip, instructor Christine Chen presents a fun, easy way to accomplish yoga at home, at work, during a commute, and more--no matter your level of fitness, yoga experience, age group or gender.



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Happy-Go-Yoga Rocks! Very useful and helpful book ! Happy-Go-Yoga is without doubt the best, most accessible, & most FUN yoga reserve I have ever bought. These stretches, breathing exercises, etc." These poses do not require fancy yoga jeans or even a mat. Fantastic for any level of experience with yoga This great book serves as a perfect manual to turn to whenever you're experiencing a bit of pain. I'm frequently sharing some of simple exercises with my medical providers and their staff to break up their day time with consciousness rather than instinct. I also make use of some of the moves within my desk during the day. Christine is usually a thoughtful and joyful instructor. I've actually brought it into my classroom (I'm an English instructor) and my students connect so quickly to it. Some of these poses, like Rock Your Heart, have grown to be a fundamental element of our class period. Thank you, Christine, for sharing your wisdom, light, and pleasure in this wonderful publication!! Clear, easy to understand, helpful illustrations. Great for someone like me, who must gently get back in to a practice! Whether you're someone who hasn't tried yoga exercise before to a seasoned yogi, you will discover this book helpful, informative and believed provoking; This book is an extremely helpful start! I recently brought it with me through the strain of holiday travel and I in fact did a few of the "Travel Buddies" poses while on the plane and in my hotel. These were subtle, gentle (that i need) and effective! I am also trying some of the "Sunny-Aspect Up" poses to greatly help me stretch and feel better as I wake up in the AM. The illustrations are really helpful and the directions are clear, easy to comprehend, and definitely assist you to undertake each pose in a step-by-step fashion. That is probably not intended to replace a complete yoga practice, nonetheless it is a REALLY GREAT way to get back in to some simple and gentle poses and/or to incorporate some of everything you may already know into an already busy routine. Share these practices with friends and coworkers! The "Eagle Twist", "Counter Pose" and "Street Warrior I" are my staples, but what really turned a corner for me personally was incorporating a yoga class once weekly into my routine. :) AN EXCELLENT READ (even for non-yoga, high-strength types) Like the author, I didn't look after yoga when I initial tried it, and was convinced cardio and high-impact exercise were better ways to de-strain from a busy marketing professional / mom schedule. Nevertheless, when I noticed firsthand her transition from super-active, Emmy-earning journalist to a more content, carefree yogi, I figured you will want to give it another shot? With a frantic schedule, I started little with Happy-Go-Yoga poses on the bus to any office or at home when I've experienced to work past due on deadlines.! After several months, I start to see the positive difference in my own outlook and ability to deal with daily work/life balance. Many thanks, Christine, for showing us workaholics the need for scheduling "me time" anywhere and anytime through #happygoyoga If You Care About Your Body, YOU WILL NEED to Read This Book A must read for anyone that cares approximately their body and wants to get the most out of it. I want to preface this by saying I am extremely out of practice with my yoga exercises, experienced injuries, and need to slowly and softly return back to a practice - but I am also short on time and on money for classes. I under no circumstances imagined I could do yoga on the NYC subway rather than get weird looks from my fellow straphangers! simple ways to incorporate yoga into your life no matter where you are or what you are doing! The guidelines and illustrations have become easy to follow and Christine offers you plenty of details on why these poses are essential and also some background on what they helped throughout her very own life. I've used it several times while returning from various accidents and found the easy poses a breath of fresh air when I was out of the studio. I've used this guideline to help my husband (who would never dream of doing yoga!-David Easy to follow and helpful I got the book for my daughter who travels a whole lot. She stated the book has helped with self-care especially when flying or looking forward to flights. I plan on getting another duplicate for myself and my brother. Wonderful book~ I recommend!) address his aching back again after a day at the computer.! It really is a relatable, conversational, humble, and fun approach to adding yoga exercises into your life in small ways. I am already considering who to present this to at holiday time. Really brilliant for those who reside in the world—not only the yoga studio. Easy read, great illustrations and step-by-step tips to be mindful, breath and be the best

YOU that you could end up being! It's funny and charming and eventually it's as fun to read as the yoga is definitely to do. I love Chen's take on easing awkward social situations and irritating travel snafus with an always-available body position or breathing sequence. Actually brilliant for people who live in the world—not only the yoga studio. Actually glad I bought this! Great reserve for Yoga practioners and newcomers. And isn't that what yoga is all about, anyhow? I have with all this as something special to those who are newer to yoga, including my mom, and many people are raving. It creates me happy ? Fantastic & Amazing day-to-day resource! I really like this book! It really is a rare gem in that it really fulfills the guarantee that yoga is for "everyone. Try it -- it does not disappoint! Adapted for the office, airport terminal, bed, kitchen, you name it! An amazing resource to obtain your body moving throughout your everyday duties. Great book! What I really like concerning this book that it really demonstrates how you can do yoga poses anytime any time. There is no need to be in a yoga exercises studio.! Loved it! Happy Move Yoga, it's yoga on the go! It is amazing! Enjoy this book!Christine wonderfully explains and explores how you can use yoga in almost any place and at any time during your daily life, even if you only have a couple of minutes a day. I LOVE this book! All they require is an open mind, an open center, a sense of humor, and the breath. Falling back on her extensive knowledge of yoga, Chen displays, with easy to check out illustrations, and explains simple moves (based on yoga poses) people can incorporate to their daily lives.Continue the fantastic work, Christine. Relatable & Each move is certainly offered options for different degrees of flexibility making it appropriate and helpful for all. As a teacher, I use it in a middle school classroom to help kids work out the inevitable kinks from sitting behind desks the majority of the day. I take advantage of this book constantly, and am having a blast incorporating yoga exercises into my subway rides and home chores. While I move regularly, I still discover this book indispensable. are perfect for people who are on the go! fun I got the reserve today and We am loving it.



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