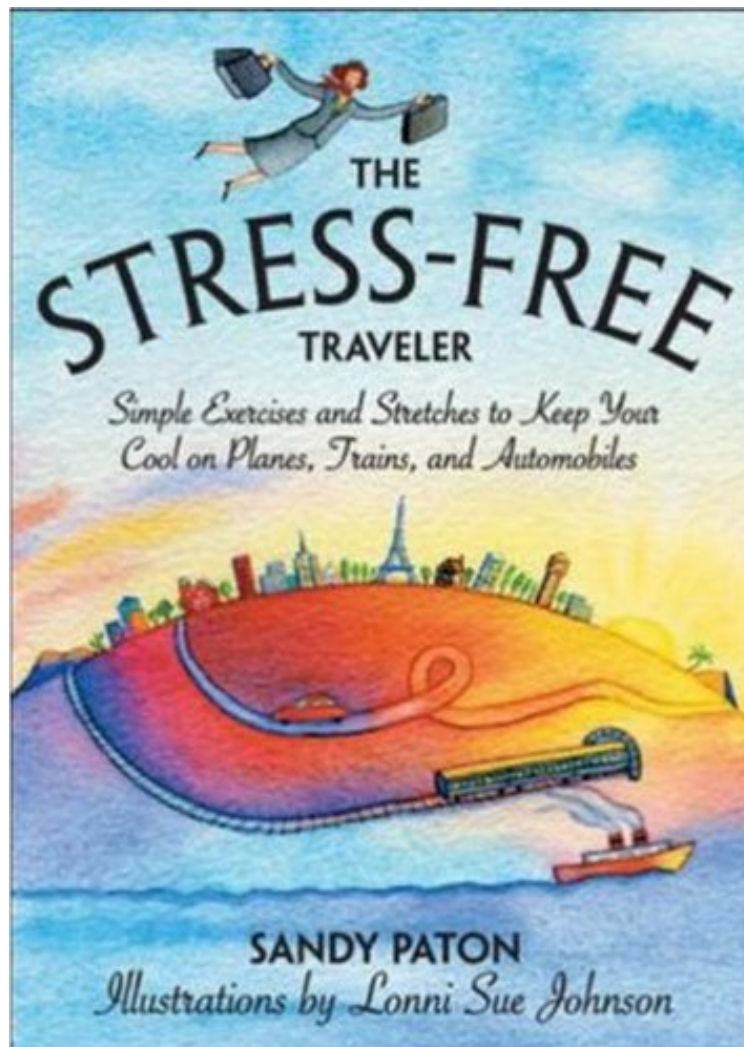


The Stress-Free Traveler

Sandy Paton

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On-the-go relaxation techniques for any traveler Perfectly portable for business trips, vacations, or even daily commutes, this fully illustrated new handbook offers stress-busting techniques to reduce the physical and emotional effects of traveling. It includes a complete program of easy exercises that can be performed sitting in a chair or standing in lines, as well as personal relaxation rituals and mind-body methods to beat motion sickness. Specially designed by a certified yoga instructor, these simple but effective strategies can help you to: Feel peaceful and well rested in stressful situations Soothe headaches, stiffness, soreness, and fatigue Recharge and restore energy in the hotel or at home Calm negative thoughts or fears Increase vitality and stamina, even in confined spaces Overcome travel rage

From the Back CoverYoga and Pilates in planes, trains, and automobiles? You can do them anywhere with this on-the-spot guide for getting rid of stress while youre on the go Does traveling exhaust you? Does it give you motion sickness, headaches, and backaches? Do you sometimes pack unresolved emotions in your carry-on? If your commute has you tied in knots, this guide will help you unwind--at the airport, while waiting for your train, even when youre sitting in bumper-to-bumper traffic. Traveler-tested, the exercises in The Stress-Free Traveler were developed by certified yoga instructor Sandy Paton specifically to accommodate passengers traveling in restricted spaces, such as economy-class airline seats, trains, automobiles, and buses. The exercises are fully illustrated, easy to do, and require no prior yoga experience. In simple steps, Sandy shows you how to: Shrug your shoulders to unload your anxieties Flex your spine to recharge your batteries Walk your fingers to sharpen your wits Overcome travel rage with alternate-nostril breathing Scratch your back to eliminate pent-up energy Unwind in your room with a delicious salt bath and almond oil foot massage Most of all, sit back, relax, and enjoy the trip! About the AuthorSandy Paton is a certified yoga instructor who has taught for the past ten years. A freelance medical writer and frequent business traveler, she lives in Pottstown, Pennsylvania. Lonni Sue Johnson is a professional illustrator whose works have been featured in the New Yorker and the New York Times.