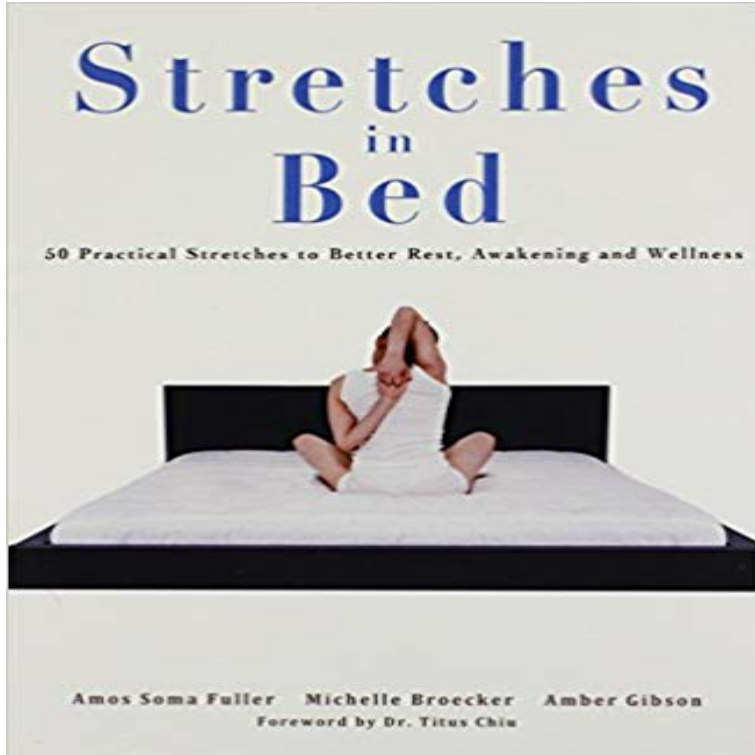


Stretches in Bed: 50 Practical Stretches to Better Rest, Awakening and Wellness



The worlds first book of stretches specifically designed for before and after rest, this guide features more than 50 descriptions and accompanying photos of stretches both simple and complex for all levels of expertise, from beginner flexibility to advanced yoga practitioners. The stretches presented in this comprehensive, attractive, and straightforward format promote better rest, awakening, blood flow, athletic performance, discomfort relief, and healthy sleep habits. The photos clearly display each stretch to ensure proper body positioning, alongside illustrations of the targeted areas.

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