



## Mindful Yoga for Teen Anxiety (Paperback)

By Cynthia Beers

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mindful Yoga for Teen Anxiety teaches a mind-body practice that combines physical poses, controlled breathing, meditation, Emotional Freedom Technique (EFT/Tapping) and relaxation to reduce stress, lower blood pressure and lower your heart rate.



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