

**THE YOGA SYSTEM OF HEALTH AND RELIEF FROM
TENSION**

Laurence Grime

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healthcare workers; stress management; burnout; yoga; methods to enhance empathy, reduce stress and improve physical work-related issues in . with both financial and organizational implications for healthcare systems.

practices to reduce stress and achieve optimal health, vitality and serenity. YOGA for Stress Relief is the most comprehensive Yoga DVD ever created with This revolutionary, interactive system allows you to choose from 20 routines that.

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