



"Head in the Clouds" by Marc Kaplan A Guide to Yoga For Airline Travelers ISBN: 978-1-4343-4759-6 Puts Your Feet on the Ground and Laughs in Your Belly

If you want to feel healthy before, during, and after an airline flight use these exercises created in this book for airline travelers. It is based on the principles of easy stretching on an airline flight or at the working desk. There are plenty of helpful hints on what to eat, drink and where to sit on the plane. The book provides stretches before and after the flight as well. meditation techniques and breathing exercises are offered to calm the body and mind.

New York ([PRWeb](#)) May 4, 2008 -- "This is your captain speaking. Please do not remove your seat belt until the all clear sign is on."

How often have we heard these directions not to move our bodies and remain in our seats so our joints become stiff and sore. In "Head in the Clouds" a guide to yoga for airlines, the author, Marc Kaplan, uses the gentle stretch exercises that relieve the tensions and awkwardness of sitting in a seat for long periods of times.

Using t'ai chi, chi gong, and meditative techniques, the author takes us into the world of the relaxation response. Using postures Cat and Cow, Eagle, and Waving Hands in the Clouds to name a few of the exercises, we are transported from the drudgery of flight to the pleasure of release.

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