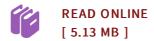




## Stay Calm and Be Well: Miss Congeniality Girls Yoga Reflection Journal (Paperback)

By MS Angelique S Jackson, Mrs Julie M Holloway, Dr Angelique S Jackson

Createspace, United States, 2013. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A little bit of sassy, but oh so classy-Miss Congeniality Girls Yoga Reflection Journal assists you in exercising your mental muscles to build a habit of staying calm, mindful and positive before and beyond your yoga routine. Using this journal with a basic yoga routine will allow girls to center themselves with a heightened awareness of the present moment, set goals, and become more in tune with their purpose. Miss Congeniality Girls is a present-day approach of branded programs and products with a focus on girls of Color aimed at cultivating the next generation of socially responsible and emotionally poised savvy young ladies; we use a fresh and eclectic approach of old and new school values to address contemporary issues. With Yoga Wellness as the nucleus, our programs focus on social and emotional learning; etiquette and soft-skill refinement, nutritional culinary, relational aggression, and overall being congenially fabulous!.



## Reviews

An extremely amazing book with lucid and perfect reasons. It is actually writter in easy words and phrases and never confusing. Your life period will likely be transform the instant you full looking over this ebook.

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