



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

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!.



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