



# 2016 Cow Yoga Wall Calendar

*Willow Creek Press*

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## **2016 Cow Yoga Wall Calendar** Willow Creek Press

Fascination with yoga is sweeping pastures throughout the world. Cows are turning to this ancient discipline in herds to reap the benefits of relaxation, flexibility and increased milk production. Twelve classic cow poses, including Downward Facing Bovine (Udder Mooca Svavasana), are aptly demonstrated in this unique calendar. The large format features daily grids with ample room for jotting appointments, birthdays and personal reminders. Also includes six bonus months of July and December 2015; moon phases; U.S. and international holidays.

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