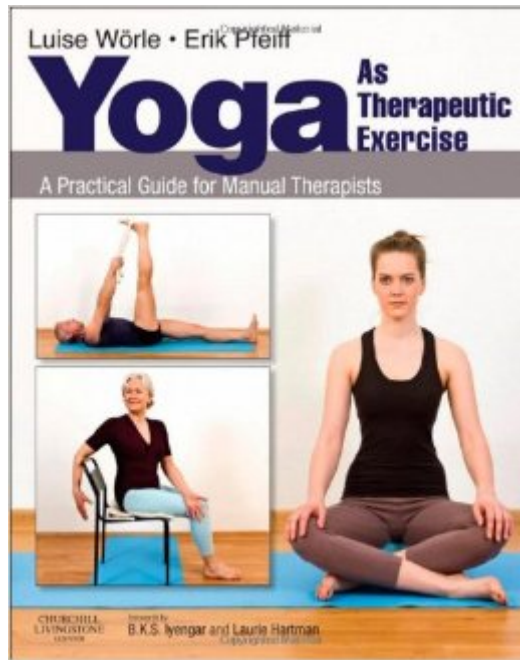


The book was found

Yoga As Therapeutic Exercise: A Practical Guide For Manual Therapists, 1e



Synopsis

Yoga as Therapeutic Exercise is a practical guide to prescribing yoga exercises therapeutically for common health problems. The book is aimed at all manual therapists, as well as yoga teachers working with beginners and physically restricted or older students. It describes how to modify yoga postures for a wide range of patients and conditions, integrating relaxation, stretching and strengthening. Written in an accessible style and with a very practical layout, it describes the principles and aims of this exercise approach before providing groups of exercises for specific areas of the body (feet and knees, pelvis, spine, shoulder girdle, neck, arms and hands). Exercises are classified from basic to advanced level and supported by clear illustrative photographs and precise descriptions. KEY FEATURES Includes basic tests to find the appropriate exercises Gives advice for patient compliance Presents basic exercises for all areas of the body Helps patients build up a successful individual form of practice Luise WÄ¶rle and Erik Pfeiff both lecture and teach throughout Europe. Luise is a yoga teacher and osteopath; Erik is a psychotherapist and bodywork therapist.

Book Information

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Customer Reviews

I can't disagree more with the first reviewer. This is the best book I've ever had on therapeutic yoga. I have helped myself and so many of my students by using the exercises in it. It is my go-to resource! The exercises are perfectly intelligible to any reasonably experienced yoga teacher or intermediate-level students. None of the poses are difficult to do and many of them are ideal as warm-up exercises for a regular yoga practice or class.

Though a complex and in depth resource, it would be even harder for mainstream yoga teachers to grasp all the terminology. Am sure this would be directed towards the medical professional.

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