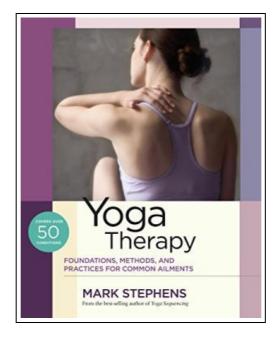
## Yoga Therapy: Practices for Common Ailments (Paperback)



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## Reviews

Basically no phrases to clarify. It really is rally fascinating through reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Anabel Zemlak)

## YOGA THERAPY: PRACTICES FOR COMMON AILMENTS (PAPERBACK)



North Atlantic Books, U.S., United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. From the best-selling author of Teaching Yoga, Yoga Sequencing, and Yoga Adjustments comes this essential resource for learning how to adapt yoga practices to best accommodate and heal a wide array of common injuries and ailments. Surveying historical writings on yoga, ayurveda, and scientific medical approaches to health and healing, Mark Stephens distills this received wisdom of ancient and modern practices for more insightful and practical application in today s world. He applies these insights to healing musculoskeletal injuries; promoting a healthy reproductive system; and addressing mental, emotional, and behavioral difficulties. With each health condition, Stephens applies yoga to the most recent evidence-based practices for healing, offering an integral place for yoga in integrative health practices. Yoga Therapy is a practical manual with a systematic approach of considering the nature of each health condition and the specific asanas, pranayamas, and meditations most helpful in healing it. Rather than adopting a narrow medical model of healing as the reduction or elimination of symptoms, Stephens invites yoga theapists, teachers and students to relate to health as a continuous, dynamic process of self-care in which the qualities of personal experience and social connectivity matter. He illustrates that how we live our lives—including our emotional states, nutrition, sleep, relationships, and sense of purpose—is reflected in our sense of balance (or imbalance) and well-being (or disease). Comprehensive, accessible, and informed by Mark Stephens decades of deep study, practice, and teaching, this will become an indispensable reference.



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