Yoga Therapy for Parkinson s Disease and Multiple Sclerosis (Paperback)



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Reviews

This is an amazing publication that I have actually read through. It really is rally exciting through reading through time period. You may like just how the blogger publish this book. (Lucienne Barton)

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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2016. Paperback. Book Condition: New. 254 x 177 mm. Language: English . Brand New Book. Yoga is an extremely beneficial therapy for ameliorating physical symptoms of both Parkinson s disease (PD) and multiple sclerosis (MS), and improving emotional wellbeing through breathing, asana, relaxation and meditation. Outlining each condition, its pathology, treatment and its impact on the lives of those affected, the book describes how yoga practice can be tailored to meet the specific needs of those with PD and MS, by improving mobility, balance, strength and wellbeing. Postures are categorised by their useful application, such as joint mobilising, balance and stability, stretching, alongside guidance on how to identify what is needed. Descriptions of yoga movements are accompanied by illustrations throughout, along with sample lesson plans and the personal testimonies of those who have experienced the benefits first hand. Ideal for yoga therapists and yoga teachers working with people with PD or MS, as well as students of the practice, it will also be of interest to practitioners working with beginner client groups and those with limited mobility.

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