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The Yoga Back Book: The Natural Solution to Freedom from Pain

By Stella Weller

Conari Press. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.1in. x 7.8in. x 0.5in. According to Consumer Reports, 80 percent of all adults suffer from back pain. For those millions, The Yoga Back Book offers a complete guide to back care with guided yoga stretches, exercises, and other relaxation techniques. Stella Weller's sensible approach offers a gentle yet effective way to spinal health without drugs or surgery. The exercises in the yoga back book have been carefully selected to help heal problem backs. By following this easy course, readers will effect a gradual stretching, strengthening, and relaxing of the back, which can ease away the causes of back pain. The Yoga Back Book features: Tips for basic back care--including nutrition for a healthy spine Techniques easily incorporated into daily life Simple lessons on how to sit, stand, bend, get up, and lie down without causing pain or undue stress on your back How the back works and what can go wrong 120 black and white photos illustrating each yoga pose For anyone with back pain, The Yoga Back Book offers a complete course in managing back problems in one easy-to-use volume. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN...



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Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.

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