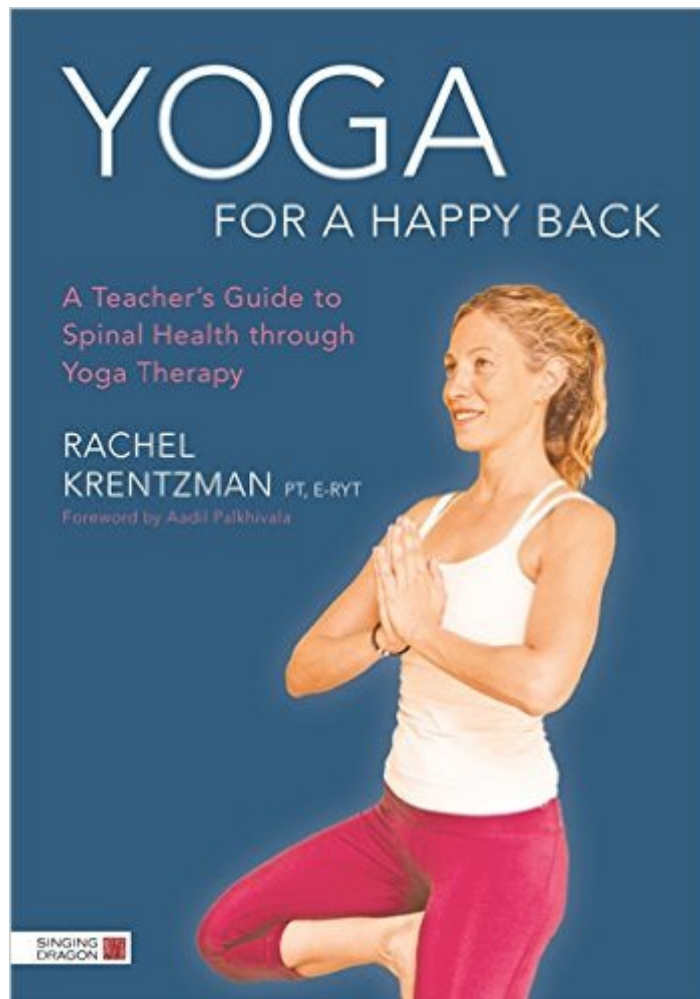


The book was found

Yoga For A Happy Back: A Teacher's Guide To Spinal Health Through Yoga Therapy



Synopsis

This unique book offers a framework for using yoga therapeutically to heal back and spinal problems. Combining detailed instruction on evaluation and treatment techniques with personal narrative and case studies, *Yoga for a Happy Back* bridges the gap between practicing yoga for better physical health and understanding the role of the mind-body connection in back pain. Utilising her vast experience as a physical therapist and yoga therapist, and the latest advances in the field, Krentzman advises on how to design therapeutic yoga classes for individuals with back pain. She includes information on creating class themes, and never before published sequences from the Purna yoga tradition for alignment based treatment of specific spinal conditions. With over 300 photos and illustrations, this book enables practitioners to access the benefits of yoga therapy for the treatment of orthopaedic dysfunctions and to promote general spinal health.

Book Information

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Customer Reviews

Rachel Krentzman is one of my teachers and she is very knowledgable in the area of anatomy. She is a Physical Therapist and College of Purna Yoga graduate, taught by master teacher, Aadil

Palkivala. She has been certified by Aadil in his, 2000 hr. certification program. In her book, Yoga for a Happy Back, she provides case studies of her past clients so that yoga teachers and students can learn tools to heal the body and mind with an understanding of the body, its' limitations and functions and ways to build traction in order to decompress areas that cause pain from age, injury and daily wear and tear. Rachel created a chapter on how to teach and practice with the yoga walls for safe spinal traction and twisting. (Reversing the aging of the spine, as created by Aadil Palkivala). Every yoga teacher and student needs to have this amazing resource on their shelf and available for their students to reference too. Rachel opens up about her life, her passions and how they infuse her practice and teaching.

I have practiced yoga for years but was still in tremendous back and hip pain. Rachel's book showed me all the mistakes I was making and put me on the path to wellness. Nothing short of life changing. This book is suitable for teachers and students. Beginners and advanced. I can't recommend it highly enough.

My friend recommended that I read this book to help me with chronic back pain and sciatica. I'm so happy I did. I learned many new stretches that are helping me out. The pictures are fantastic and stories are inspiring as well.

I was looking for a yoga routine that would not hurt my arthritic back, wrong! Days in pain, my Dr. says don't do it. Just walk.

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