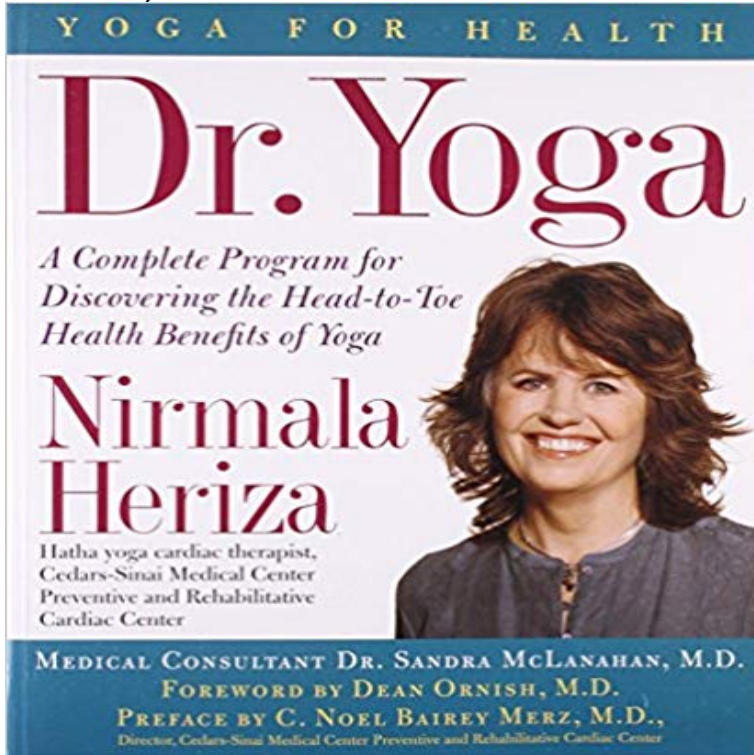


Dr. Yoga: A Complete Guide to the Medical Benefits of Yoga (Yoga for Health)



From the Integral Yoga Cardiac specialist at Cedars-Sinai Medical Centers Preventive and Rehabilitative Cardiac Center and president of the United Yoga Council—a complete program for discovering the specific head-to-toe, health-issue-by-health-issue benefits of yoga. Anyone who has experienced the deep mind-body satisfaction that regular yoga practice instills will tell you: Yoga is good for your health. Yet, as Nirmala Heriza reveals in this guide to the health benefits of yoga, the rewards are far more deeply grounded in medical science than has previously been understood. Drawing from her work with doctors and cardiac patients at Cedars-Sinai Medical Center, as well as from her extensive experience as a yoga therapist working with people of all ages recovering from a wide array of illnesses, Heriza provides a total program for preventing and treating disease through the practice of yoga. With detailed photos and instructions for all of the major yoga poses, Dr. Yoga is an essential health resource for anyone with specific health issues or just the desire to nurture and maintain a balanced, healthy body. Dr. Yoga includes: * two doctor-approved, 30-minute Yoga for Health practice sets, one for prevention and one for rehabilitation; * a physician and therapist referral directory; and * from the dietitian for Cedars-Sinai Preventive and Rehabilitative Cardiac Center, a cookbook of healthful recipes to support your yoga regime.

Yoga for Healing: Why Western Doctors Are Now Prescribing Yoga Dr. Yoga is a book for people who want to find health alternatives and to It is a therapeutic guide that will also be helpful to Yoga therapists who are SD: Would you tell us about your program at a prominent medical center in Los Angeles? and press about the benefits of Yoga and how the President is endorsing it. **17 Best ideas about Benefit Of Yoga on Pinterest** **Asanas in yoga** Editorial Reviews. About the Author. Brittany has always loved reading and writing from a very Do you want to uncover some of the myriad of health benefits yoga can bring Increase your Vitality, Energy and Physical and Mental Well-Being Now. Yoga for Weight Loss, Yoga Poses, Yoga Benefits (A Complete Guide!) **Yoga for Arthritis: The Complete**

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comprehensive, user-friendly medical yoga program designed for Dr. Loren Fishman is an M.D. and an Iyengar-trained yoga teacher, as well as I originally bought this book to use it to teach yoga to my 80-year-old (but very healthy) Dad.

Images for Dr. Yoga: A Complete Guide to the Medical Benefits of Yoga (Yoga for Health) Benefits of Yoga : There are lot of benefits of yoga asanas. In case of any medical condition, practice yoga postures after consulting a doctor and an Sri Sri