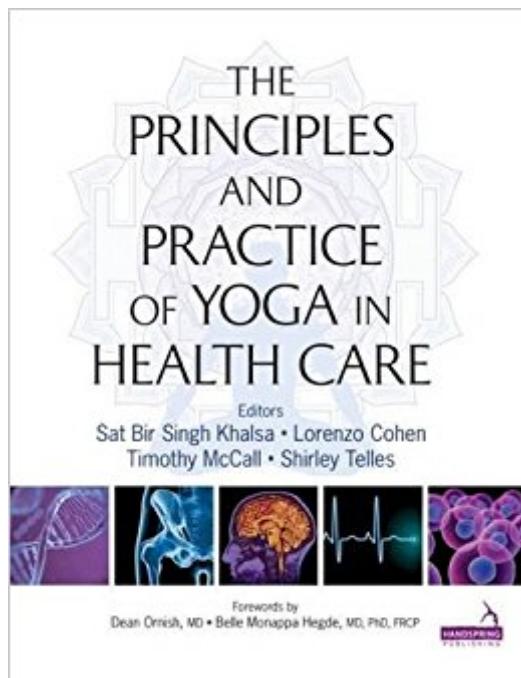


The book was found

# Principles And Practice Of Yoga In Health Care



## **Synopsis**

The Principles and Practice of Yoga in Health Care is a professional-level textbook with contributions by multiple expert researchers and therapists in the field. This book brings together the science and the practice of yoga therapy supports the emergence of yoga therapy as a credible profession comprehensively summarizes research findings and their practical implications for professionals who use yoga or refer patients for yoga practice includes chapter contributions by leading biomedical researchers of yoga reviews the scientific evidence base for yoga for a wide variety of medical conditions Provides brief contributions by expert yoga therapists describing practical implementation issues relevant to yoga for specific conditions. The editors include three eminent yoga therapy researchers and one renowned practitioner in the field. They have brought together an experienced team of researchers and yoga therapist contributors. This book will prove essential to yoga therapists, physical therapists, medical doctors, psychologists and other health professionals interested in yoga as a therapeutic intervention.

## **Book Information**

Paperback: 538 pages

Publisher: HANDSPRING PUBLISHING; 1 edition (June 6, 2016)

Language: English

ISBN-10: 1909141208

ISBN-13: 978-1909141209

Product Dimensions: 1.2 x 7.5 x 10 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #247,809 in Books (See Top 100 in Books) #124 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physical Medicine & Rehabilitation #186 in Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation #245 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine

## **Customer Reviews**

if you ever want to mention, i mean just mention, how beneficial yoga practice has become as an adjunct to the traditional healing arts of the West, here's 500+ pages of backup. a little dry, but thrilling if you're into it.

The authors bring together the scrutinizing mind of evidenced based practice and a broad and

thorough look at yoga in ways I have not seen elsewhere. This is thoughtful and mindful work bridging "Western based medicine" and yoga (and related) studies. For me, it answers how I can combine practices, how things all fit together. Unique! Well researched and written.

Must read for those who want to better understand the connection between yoga and how it can affect your health.

Excellent book exploring the benefits of Yoga in Health Care.

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Principles and Practice of Yoga in Health Care Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness Public Health Nursing - Revised

Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Nursing against the Odds: How Health Care Cost Cutting, Media Stereotypes, and Medical Hubris Undermine Nurses and Patient Care (The Culture and Politics of Health Care Work)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)