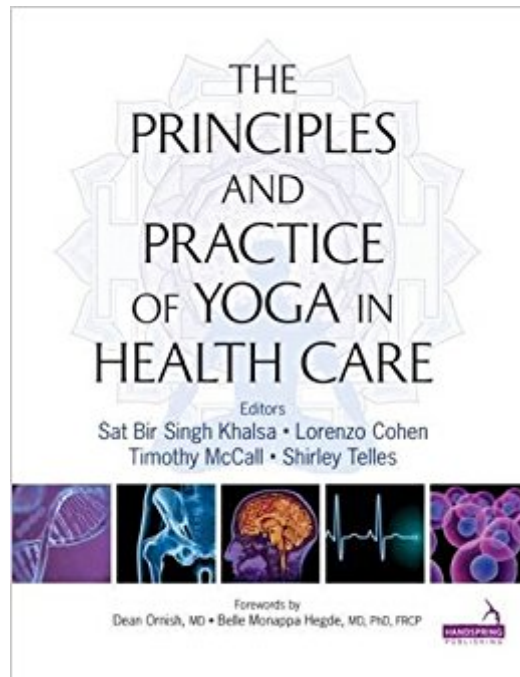




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# Principles And Practice Of Yoga In Health Care



## 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

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## 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.

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