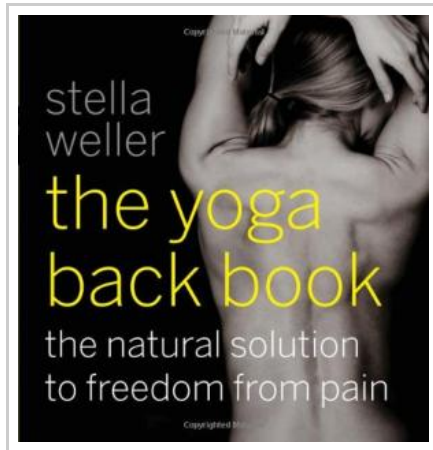




The Yoga Back Book: The Natural Solution to Freedom from Pain

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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Reviews

A very wonderful book with lucid and perfect answers. It is probably the most incredible book I have studied. It has been designed in an exceptionally simple way and is particularly just after I finished reading through this publication by which in fact transformed me, altered the way in my opinion.

-- **Macey Schneider**

This book will not be straightforward to start on studying but really fun to read. It absolutely was written really flawlessly and helpful. You can expect to like just how the writer wrote this publication.

-- **Glenna Goldner**