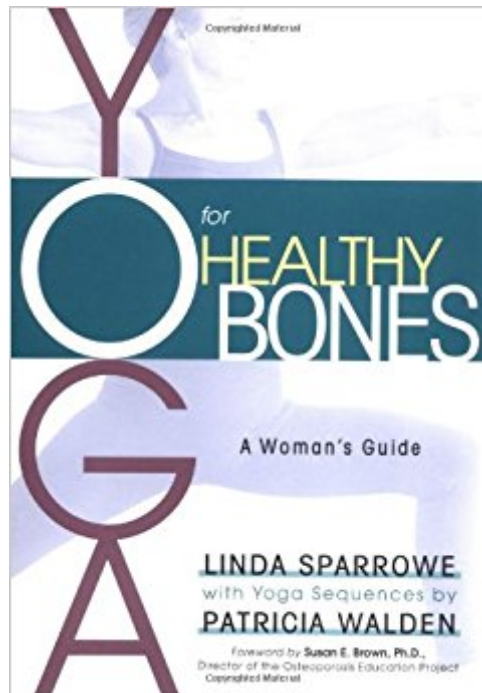




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# Yoga For Healthy Bones: A Woman's Guide



## Synopsis

This book offers a complete program of yoga poses designed for bone health, new medical information on diet and lifestyle, and instruction on meditation and breathing techniques that strengthen and restore energy. Yoga sequences are designed for: preventing injuries; building strength; releasing tension; increasing range of motion; elongating the spine; building stability and balance; increasing flexibility; relaxing deeply.

## Book Information

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## Customer Reviews

"The ancient Indian philosophy of yoga offers a much-needed unified and holistic approach to bone health . . . . The yoga perspective has everything to do with alignment, balance, harmony, and a life lived in accordance with natural laws." — Susan E. Brown, Ph.D., author of *Better Bones, Better Body* Praise for *The Woman's Book of Yoga and Health*, by the same authors: "As practical as it is inspirational, this is a reference I'll use for years to come." — Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom*

Patricia Walden is one of America's foremost yoga teachers and, according to Time magazine, "the best yoga teacher in the world." She is a long-time student of B. K. S. Iyengar and is recognized as one of his senior representatives in the U.S. She is regularly featured in *Yoga Journal* and is also the instructor on a videotape series called "Yoga Journal's Yoga Practice Series," which has sold well over a million copies. She travels and teaches yoga all over the world.

Quiet Mind, Healthy Body: The Art of Low Stress LivingBy Nancy Tan, Yoga Instructor, Author of QUIET MIND, HEALTHY BODY: The Art of Low Stress Living, PsychotherapistI was delighted to find this book when preparing a workshop on yoga for healthy bones. It is easy to read and understand, and was one of my important references. I particularly appreciate the positive focus on what we can change in our living habits to help prevent osteoporosis. So often we forget that "we are what we eat" and neglect the obvious link between diet and health. I think this book is a great resource for anyone interested in healthy aging.

I've checked this book out of the library several times and finally decided to get my own copy and one for my senior family members who are experiencing osteoporosis. This book has photos of the poses and alternate poses if you can't yet do the full poses. Explains in detail how yoga strengthens your bones and what it does for you. A great reference guide. Also provides asanas!

Yoga for Healthy Bones has lots of unreferenced information. Some of the poses that are recommended as safe are not considered safe in other sources for osteoporosis clients. Good pictures and description of poses which makes this a handy resource.

Lifelong bone health is a human birthright. Yoga for Healthy Bones clearly explains how yoga works to keep our bones strong for a lifetime. I have added it to my list of essential books for yoga teachers and students concerned about bone density, fractures and osteoporosis. Beautifully illustrated with educational photographs of inspiring older yoginis, this well-researched book teaches how to practice yoga safely and effectively. A truly holistic approach to healthy bones!Suza Francina, author, The New Yoga for People Over 50 and Yoga and the Wisdom of Menopause.

Good, basic information about bones, and the connection to osteoporosis.Good photos of the important poses.

I recommend this book to anyone who is trying to manage osteoporosis. It is especially good for sequences & poses to avoid.

Simply written and a good resource.

Great book. helpful with lots of photos and advice.

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