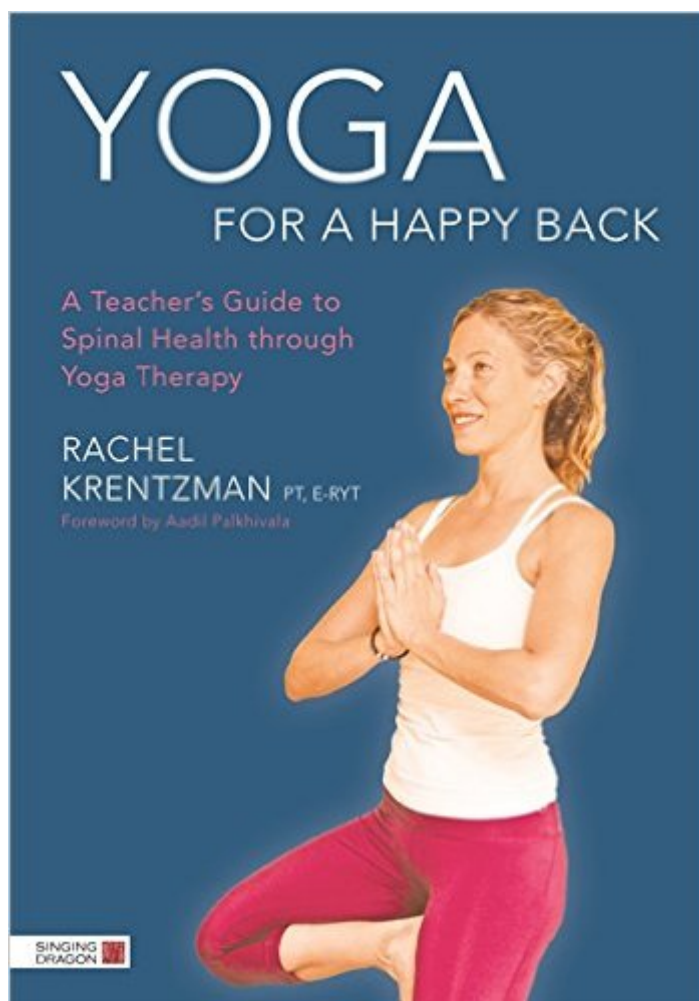


The book was found

# Yoga For A Happy Back: A Teacher's Guide To Spinal Health Through Yoga Therapy



## Synopsis

This unique book offers a framework for using yoga therapeutically to heal back and spinal problems. Combining detailed instruction on evaluation and treatment techniques with personal narrative and case studies, *Yoga for a Happy Back* bridges the gap between practicing yoga for better physical health and understanding the role of the mind-body connection in back pain. Utilising her vast experience as a physical therapist and yoga therapist, and the latest advances in the field, Krentzman advises on how to design therapeutic yoga classes for individuals with back pain. She includes information on creating class themes, and never before published sequences from the Purna yoga tradition for alignment based treatment of specific spinal conditions. With over 300 photos and illustrations, this book enables practitioners to access the benefits of yoga therapy for the treatment of orthopaedic dysfunctions and to promote general spinal health.

## Book Information

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## Customer Reviews

Rachel Krentzman is one of my teachers and she is very knowledgeable in the area of anatomy. She is a Physical Therapist and College of Purna Yoga graduate, taught by master teacher, Aadil

Palkivala. She has been certified by Aadil in his, 2000 hr. certification program. In her book, Yoga for a Happy Back, she provides case studies of her past clients so that yoga teachers and students can learn tools to heal the body and mind with an understanding of the body, its' limitations and functions and ways to build traction in order to decompress areas that cause pain from age, injury and daily wear and tear. Rachel created a chapter on how to teach and practice with the yoga walls for safe spinal traction and twisting. (Reversing the aging of the spine, as created by Aadil Palkivala). Every yoga teacher and student needs to have this amazing resource on their shelf and available for their students to reference too. Rachel opens up about her life, her passions and how they infuse her practice and teaching.

I have practiced yoga for years but was still in tremendous back and hip pain. Rachel's book showed me all the mistakes I was making and put me on the path to wellness. Nothing short of life changing. This book is suitable for teachers and students. Beginners and advanced. I can't recommend it highly enough.

My friend recommended that I read this book to help me with chronic back pain and sciatica. I'm so happy I did. I learned many new stretches that are helping me out. The pictures are fantastic and stories are inspiring as well.

I was looking for a yoga routine that would not hurt my arthritic back, wrong! Days in pain, my Dr. says don't do it. Just walk.

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Review Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord, Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System, Special Senses) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Spinal Surgery Written Simply by a Spinal Surgeon Sensory Mechanisms of the Spinal Cord: Volume 1 Primary Afferent Neurons and the Spinal Dorsal Horn MINDFULNESS: The Bullshit Free Guide To Living a Ridiculously Happy Life - How To Be Present, Peaceful & Content (Transcendental Meditation, Yoga Poses, ... Stress Reduction, How to be Happy) The Neuropathy Cure: How to Effectively Treat Peripheral Neuropathy (Peripheral Neuropathy, Diabetes, Intervention Therapy, Spinal Cord, Drug Therapy, Chronic Pain, Biofeedback) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Teaching English as a Foreign or Second Language, Second Edition: A Teacher Self-Development and Methodology Guide (Michigan Teacher Training) Weekly Teacher Planner Template: Undated Lesson Plan Book For Teachers. 40 weeks,5 Day View 7 Periods, With Classroom Management, Goals, Substitute Teacher Info & Record Pages (Teaching Resources) Teacher Evaluation That Makes a Difference: A New Model for Teacher Growth and Student Achievement There Are No Shortcuts: How an inner-city teacher--winner of the American Teacher Award--inspires his students and challenges us to rethink the way we educate our children Spinal Cord Injury and the Family: A New Guide (Harvard University Press Family Health Guides) (The Harvard University Press Family Health Guides) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery

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