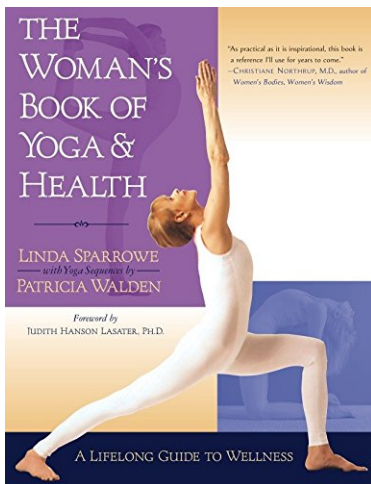


[PDF] The Woman's Book Of Yoga And Health: A Lifelong Guide To Wellness

Linda Sparrowe, Patricia Walden, Judith Hanson Lasater - pdf download free book



Books Details:

Title: The Woman's Book of Yoga and Health
Author: Linda Sparrowe, Patricia Walden
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Description:

From Sparrowe, former editor of *Yoga Journal*, has teamed up with one of the most preeminent yoga instructors in the country, Walden, to put together a comprehensive guide to yoga for women. The book contains numerous yoga sequences and photos and is designed to be a lifelong reference guide for female practitioners. Basic sequences for women are covered as well as recommended sequences for pregnancy and menstruation. The chapters for later stages of life are particularly helpful, with sequences addressing such issues as erratic mood swings and hot flashes. Sparrowe and Walden are frank about their own experiences with aging and also draw on the experiences of other seasoned yoga practitioners to provide honest, practical advice. The book covers many other health issues, with relevance to both men and women, such as eating disorders, back problems, depression, and immune system disorders.
Jane Tuma

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Review "You'll find an amazing range of women's health concerns addressed here. . . . It deserves a spot on your bookshelf next to other well-worn health references."—*Natural Health*

"The definitive guide to yoga and women's health."—*Yoga Journal*

"Linda and Patricia have compiled an essential book—both for women who practice yoga and for all yoga teachers. *The Woman's Book of Yoga and Health* is a vital, inspiring guide for women in all stages of life."—Rodney Yee, author of *Yoga: The Poetry of the Body*

"A thorough and compassionate guide to achieving a healthy, balanced life for women of all ages—inspiring and empowering."—Kathryn Arnold, Editor-in-Chief, *Yoga Journal*

"A magnificent invitation for all to enjoy the many levels of hatha yoga. Both clear and creative, this book is a must for all students and teachers."—Lilias Folan, host of the groundbreaking PBS series *Lilias, Yoga and You*

"In *The Woman's Book of Yoga and Health*, Linda and Patricia give us practical methods for developing a steady and joyous relationship to our own feminine bodies, to the earth, and to the Divine Mother. These are the voices of two ordinary women who have done extraordinary things and who are sharing their findings without pretension. They speak from the heart."—Sharon Cannon, creator of Jivamukti Yoga

"Women everywhere will be grateful for this book. It's immensely practical, user friendly, and yet it still manages to reverberate with the central mystery of yoga: the possibility of living authentically, wildly, and passionately in our resilient, powerful, at times frail, and always aging bodies."—Stephen Cope, Senior Scholar in Residence, Kripalu Center for Yoga and Health, and author of *Yoga and the Quest for the True Self*

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