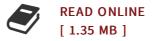




## Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief

By Mary Pullig Schatz, William Conner, B. K. S. Iyengar

Rodmell Press. Paperback. Book Condition: new. BRAND NEW, Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief, Mary Pullig Schatz, William Conner, B. K. S. Iyengar, Back Care Basics offers the low-cost solution for back care in the new millenium: therapeutic yoga. Dr. Schatz's approach to back rehabilitation is gentle, effective, and without drugs or surgery. Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off.



## Reviews

If you need to adding benefit, a must buy book. It is really simplified but excitement from the 50 percent of your book. I discovered this book from my dad and i recommended this book to understand.

-- Dorothy Sawayn

Absolutely one of the better pdf We have possibly study. I could comprehended almost everything out of this written e ebook. You can expect to like how the writer write this ebook.

-- Grayce Kshlerin