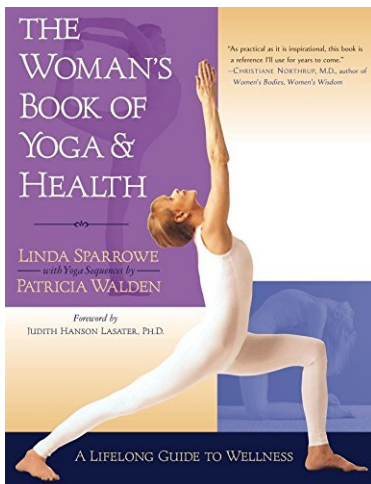


[PDF] The Woman's Book Of Yoga And Health: A Lifelong Guide To Wellness

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
Released: 2002-12-03
Language: English
Pages: 352
ISBN: 1570624704
ISBN13: 978-1570624704
ASIN: 1570624704

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

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

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*

-
- Title: *The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness*
 - Author: Linda Sparrowe, Patricia Walden, Judith Hanson Lasater
 - Released: 2002-12-03
 - Language:
 - Pages: 352
 - ISBN: 1570624704
 - ISBN13: 978-1570624704
 - ASIN: 1570624704



The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness , Sparrowe, Li. Pre-Owned. 5.0 out of 5 stars. 1 product rating - The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness , Sparrowe, Li. C \$6.60. Top Rated Seller. Top Rated Seller. Buy It Now.Â Yoga and the Wisdom of Menopause: A Guide to Physical Emotional Spiritual Health. Pre-Owned. C \$10.63. Top Rated Seller. Top Rated Seller. Buy It Now. From United States. "The definitive guide to yoga and women's health."â€"Yoga Journal. "Linda and Patricia have compiled an essential bookâ€"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."â€"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 agesâ€"inspiring and empowering."â€"Kathryn Arnold, Editor-in-Chief, Yoga Journal.Â The authors offer a complete yoga program for general health as well as pose sequences that address specific health problemsâ€"all in the Iyengar tradition, which targets health needs more than other forms of yoga. Linda has written several books including A Womanâ€™s Book of Yoga and Health: A Lifelong Guide to Wellness (with Patricia Walden); Yoga for Healthy Bones; Yoga for Healthy Menstruation; and Yoga: A Yoga Journal Book, a coffee table book which chronicles the history of yoga and showcases more than 350 photographs of awe-inspiring yoga poses (by David Martinez). lindasparrowe.com. Sara Gottfried. Sara Gottfried, M.D., is a practicing integrative physician and author of the New York Times bestselling book, The Hormone Cure (Scribner, 2013). Dr. Sara teaches women and men how to balance their hormo

The authors offer a complete yoga program for general health as well as pose sequences that address specific health problems--all in the Iyengar tradition, which targets health needs more than other forms of yoga. For example, in the first part of the book, Patricia Walden has organized three chapters showing yoga poses with clear instructions that tell how to get into each pose and describe its benefits: chapter one is the Essential Sequence for all women, and includes modifications for people who cannot or should not do all the poses; chapter two is the Restorative Sequence for. The final section of the book includes listings of yoga centers, instructional videos, yoga equipment, and where to go for more information about yoga. 30 day returns - Buyer pays return postage | Returns policy. The Woman's Book of Yoga and Health A Lifelong Guide to Wellness by Linda Sparrowe 9781570624704 (Paperback, 2002) Delivery UK delivery is usually within 10 to 12 working days. International delivery varies by country, please see the Wordery store help page for details. Read full description. See details and exclusions - The Woman's Book of Yoga and Health A Lifelong Guide to Wellness 9781570624704. See all 8 brand new listings. Qty. For example, in the first part of The Woman's Book of Yoga and Health is the first comprehensive book about women's health issues and how to treat them with yoga. The authors offer a complete yoga program for general health as well as pose sequences that address specific health problems--all in the Iyengar tradition, which targets health needs more than other forms of yoga. The final section of the book includes listings of yoga centers, instructional videos, yoga equipment, and where to go for more information about yoga. ...more. Get A Copy. Amazon. Includes bibliographical references (pages 353-357) and index. Pt. 1. Essential yoga sequences. The woman's essential sequence -- The woman's energizing sequence -- The woman's restorative sequence -- pt. 2. The time of awakening. Befriending your body -- Honoring your menstrual cycle -- Supporting your immune system -- pt. 3. Coming into fullness. Preparing for labor, birth, and postpartum -- Caring for your back -- Relieving headaches -- pt. 4. Speaking the truth. Working with depression -- Easing into menopause -- Improving digestion -- pt. 5. Wisdom from the heart. Minimizin

"The definitive guide to yoga and women's health."â€"Yoga Journal. "Linda and Patricia have compiled an essential bookâ€"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."â€"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 agesâ€"inspiring and empowering."â€"Kathryn Arnold, Editor-in-Chief, Yoga Journal.Â The authors offer a complete yoga program for general health as well as pose sequences that address specific health problemsâ€all in the Iyengar tradition, which targets health needs more than other forms of yoga. Includes bibliographical references (pages 353-357) and index. Pt. 1. Essential yoga sequences. The woman's essential sequence -- The woman's energizing sequence -- The woman's restorative sequence -- pt. 2. The time of awakening. Befriending your body -- Honoring your menstrual cycle -- Supporting your immune system -- pt. 3. Coming into fullness. Preparing for labor, birth, and postpartum -- Caring for your back -- Relieving headaches -- pt. 4. Speaking the truth. Working with depression -- Easing into menopause -- Improving digestion -- pt. 5. Wisdom from the heart. Minimizing postmenopausal symptoms -- Relieving osteoporosis -- Strengthening your heart. The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness , Sparrowe, Li. Pre-Owned. 5.0 out of 5 stars. 1 product rating - The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness , Sparrowe, Li. C \$6.60. Top Rated Seller. Top Rated Seller. Buy It Now.Â Yoga and the Wisdom of Menopause: A Guide to Physical Emotional Spiritual Health. Pre-Owned. C \$10.63. Top Rated Seller. Top Rated Seller. Buy It Now. From United States. The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness - Linda Sparrowe. Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom - B.K.S. Iyengar. Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition - Swami Satyananda Saraswati.Â Together they have explored the past and present stages of yoga and offer in this ambitious manuscript a way that the art of yoga can continue to develop in the future. Perfect pose, empty mind, and wide heart are at the basis of this development, in which all the aspects of the human being are brought together into one organic whole.