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Yoga Guide Ebook

Stephen Sturgess



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 illustrated practical guide that takes a traditional holistic approach combining yoga postures with a healthy lifestyle
 especially with regards to diet and meditation It shows how these teachings are as appropriate today as they were in the past
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inner peace and contentment This is an authoritative inspirational and practical guide to the benefits and fulfillment that can be attained by the dedicated practice of Yoga It will appeal to the many people who have experienced the benefits of Yoga and who would like to know more about its spiritual dimension **Yoga for Pelvic Floor and Postpartum Health** Rebecca

Weisman, Meagen Satinsky, 2024-08-20 The first comprehensive anatomy and yoga practice manual for postpartum pelvic healing a gender inclusive guide to poses practices and exercises for pelvic floor pain dysfunction and recovery Includes full color photos 7 weeks of yoga sequences and an individualized step by step guided self assessment Pelvic floor pain injury and dysfunction are incredibly common among postpartum people but despite the critical importance of ongoing pelvic support and recovery post birth most doctors physical therapists and healing professionals simply aren't equipped to offer helpful personalized advice to ease postpartum symptoms like postpartum pain discomfort urinary incontinence and painful intercourse Rebecca Weisman CIYT CYT and Meagen Satinsky MPT PYT offer the first comprehensive anatomy and yoga practice manual geared toward healing postpartum pelvic issues With full color images accessible tools and step by step poses and breathwork exercises Yoga for Pelvic Floor and Postpartum Health empowers readers to get to know this vital part of their own body and reclaim agency in caring for their own postpartum recovery postural support organ health and sexual function Part 1 Anatomy reviews the anatomy of the pelvis and surrounding regions with a special emphasis on helping you develop a deeper more knowledgeable and more loving connection to your own body Part 2 Sequences of Asana for Practice introduces Iyengar yoga and breathwork practices to support pelvic healing and guides you through a flexible 7 week asana sequence that you can do on your own time and come back to again and again Part 3 Special Topics addresses specific pelvic concerns like painful intercourse perineal tears Cesarean delivery pelvic organ prolapse diastasis rectus abdominis urinary issues pelvic pain during menopause low back pain postpartum depression and anxiety and more Yoga for Pelvic Floor and Postpartum Health is appropriate for any stage of your postpartum journey whether you gave birth vaginally or by Cesarean ten days ten weeks or ten years ago With a guided self assessment full color and 3 D layered graphics and compassionate expert counsel readers can return to specific poses and sequences again and again on their pelvic healing journey **I Love**

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