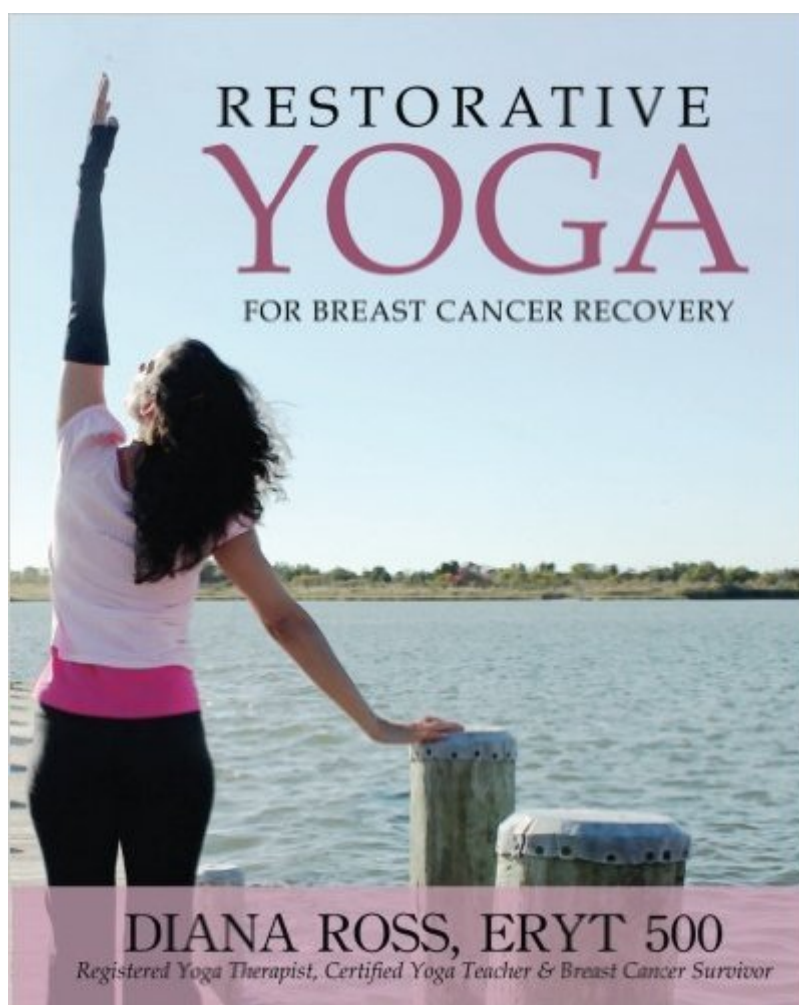


The book was found

Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management



Synopsis

Restorative Yoga For Breast Cancer Recovery - A restorative yoga therapy book for breast health, lymphedema management and breast cancer recovery. This book contains a wide variety of supported restorative yoga poses that use different yoga props. The breath is also introduced with each flowing pose so that the mind as well as the muscles can relax allowing for the healing to begin and then to grow. Yoga poses are done either in a relaxed, reclined, seated, twisting and standing position. Restorative Yoga For Breast Cancer Recovery is a great beginning to build a practice for strength and flexibility, as well as aiding in lymphedema management. This book outlines a variety of easy to learn restorative yoga poses which can emotionally and physically improve the recovery process from breast cancer surgeries, radiation and chemotherapy treatments. It is also invaluable in maintaining breast health, reducing cancer related fatigue (CRF), and managing lymphedema. If you or a loved one has been recently diagnosed, is in treatment or in recovery, this yoga is the perfect place to start. Discover how a consistent practice of Restorative Yoga can provide inner peace and healing for your mind, body and spirit.

Book Information

Paperback: 190 pages

Publisher: Restorative Yoga Flow (July 18, 2014)

Language: English

ISBN-10: 0984839518

ISBN-13: 978-0984839513

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (5 customer reviews)

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Customer Reviews

Informative and very well done! I love that there are options for chair yoga poses as well. Ms. Ross gives constructive exercises that help manage lymphedema. It's a book of hope for breast cancer survivors.

Great book. Very peaceful!

A must for anyone fighting breast cancer

Positively one of the best yoga for breast cancer books available.

Ok.

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