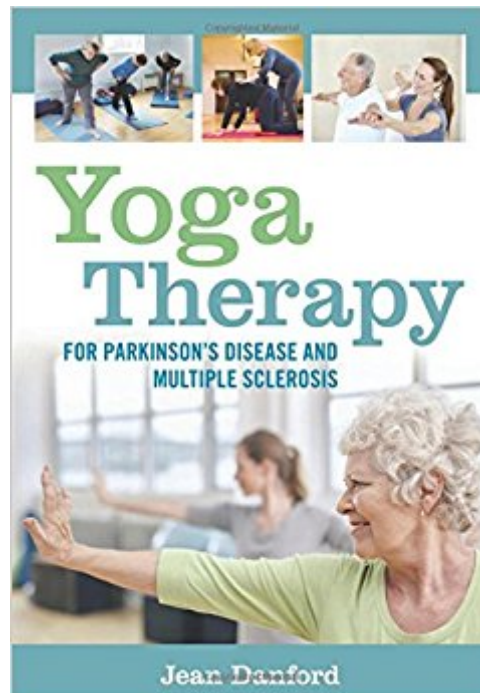




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# Yoga Therapy For Parkinson's Disease And Multiple Sclerosis



## Synopsis

Yoga is an extremely beneficial therapy for ameliorating physical symptoms of both Parkinson's disease (PD) and multiple sclerosis (MS), and improving emotional wellbeing through breathing, asana, relaxation and meditation. Outlining each condition, its pathology, treatment and its impact on the lives of those affected, the book describes how yoga practice can be tailored to meet the specific needs of those with PD and MS, by improving mobility, balance, strength and wellbeing. Postures are categorised by their useful application, such as joint mobilising, balance and stability, stretching, alongside guidance on how to identify what is needed. Descriptions of yoga movements are accompanied by illustrations throughout, along with sample lesson plans and the personal testimonies of those who have experienced the benefits first hand. Ideal for yoga therapists and yoga teachers working with people with PD or MS, as well as students of the practice, it will also be of interest to practitioners working with beginner client groups and those with limited mobility.

## Book Information

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## Customer Reviews

Jean Danford's long and in-depth personal experience and continuing enquiry into how best to incorporate the beneficial practice of yoga into the lives of those with Parkinson's Disease and Multiple Sclerosis, provides a wealth of practical and detailed information in this invaluable guide. Encouraging a view of the whole person, the therapeutic yoga in this book covers a wide range of suitable techniques from postures to meditation, with guidance on differing situations and circumstances to meet individual needs; crucially important as effects vary widely from person to

person. Jean Danford not only shows that the challenges of movement and co-ordination need to be well accommodated but more importantly that the possibilities of yoga practice extend far wider than postures, with the potential for profound benefit to the lives and health of those using these yoga practices and following the intrinsic aim of yoga in seeking to go beyond the restrictions of body and mind. -- Barbara Dancer, Former Chair of the British Council for Yoga Therapy

Jean Danford's book on yoga therapy for Parkinson's Disease and MS is a valuable resource for both yoga teachers/therapists and those dealing with these conditions. This is a comprehensive text that provides sound, easy to understand information on these conditions, along with a well-balanced background on yoga as it is applied therapeutically and a number of yoga therapy protocols for dealing with these two conditions. Jean has found an ideal balance between providing the scientific, factual information and allowing the material to be accessible to those who are not versed in technical reading. Furthermore, the inclusion of a number of personal stories, will help readers better relate to those dealing with these conditions and the role yoga therapy can play in their wellbeing. -- Leigh Blashki, Founder Australian Institute of Yoga Therapy, International Association of Yoga Therapists Council of Advisors, Past-President Yoga Australia

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