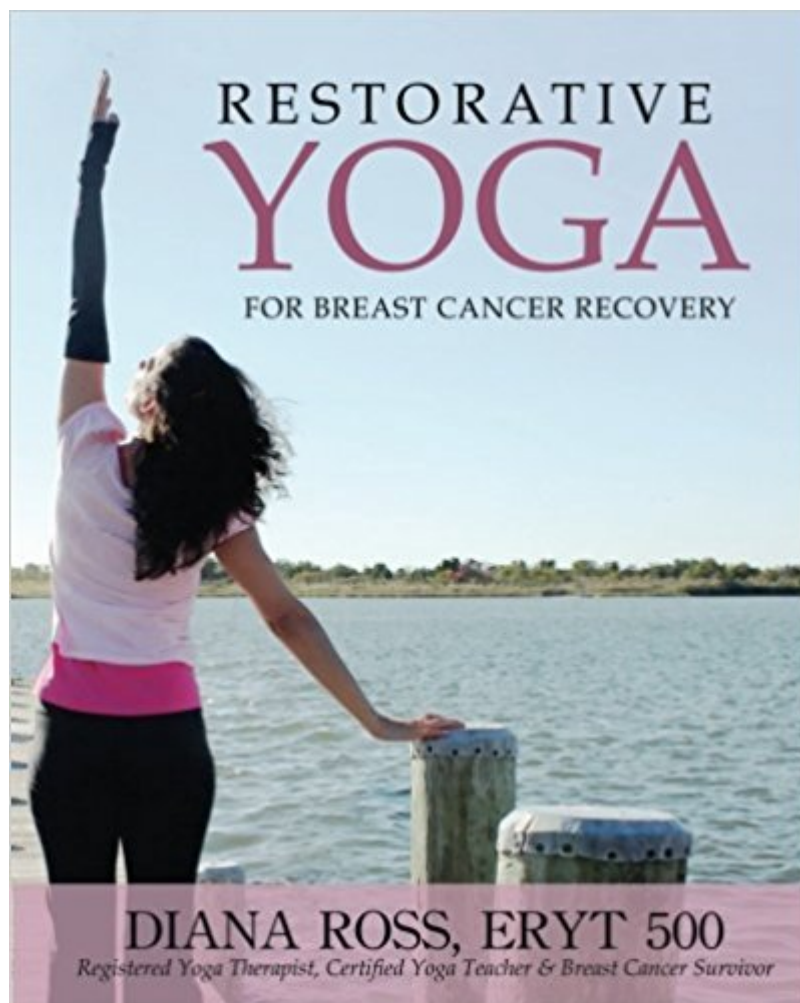




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Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management



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 "let go" and 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: 3.9 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,197,064 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic #401 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #2611 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Diana loves sharing her knowledge on the empowering benefits of restorative yoga flow. Her credentials as a yoga therapist are: E-RYT 500 (Experienced-Registered Yoga Teacher), CYT (Certified Yoga Therapist), and (Certified KaliRay) TriYoga. Her Restorative Yoga Flow teachings

are designed and focused for women in recovery, either from breast cancer or from injury and illness. She also loves sharing her excitement for native american plants and their usefulness as complementary herbal medicines. Diana credentials in herbal medicines are: Certificates of Completion in: Therapeutic Botanicals in Medicinal Herbalism, Native American Herbs, Herbalism 5 Phase Theory, Medicine Making in Native American Herbs, and TCM-Traditional Chinese Medicines. The knowledge of Native American plants is expressed on her website, authority blog and to her students.

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

Ok.

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

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