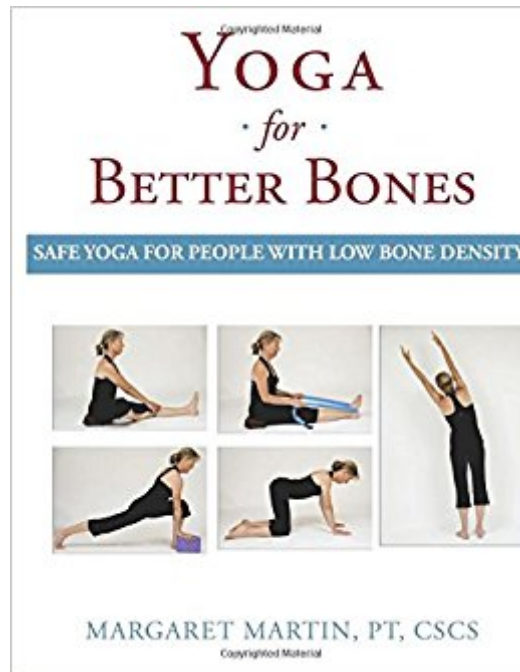




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Yoga For Better Bones: Safe Yoga For People With Osteoporosis



Synopsis

Yoga for Better Bones shows you how to practice Yoga safely if you have osteoporosis or low bone density. This Second Edition of Yoga for Better Bones is a practical step by step guide written by Margaret Martin, PT, CSCS - a Certified Yoga Teacher and a Physical Therapist with over 30 years helping clients achieve their health goals. Richly illustrated with clear photo images demonstrating modifications to popular Yoga poses. Detailed and clear explanations of why you need to modify your Yoga practice if you have low bone density or osteoporosis. Ideal for individual Yoga practitioners and Yoga teachers. This book shows you how to practice Yoga with confidence and reduce your risk of fracture from osteoporosis.

Book Information

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Customer Reviews

Margaret Martin is a Physiotherapist and Certified Strength and Conditioning Specialist (CSCS) with over 30 years of experience helping individuals achieve their health and fitness goals. She is the recipient of the 2011 Award of Distinction from the College of Physiotherapists of Ontario for her achievements and significant contributions to Physiotherapy. Margaret is the author of Exercise for Better Bones and Yoga for Better Bones. She also has developed two online courses for health and fitness professionals, Building Better Bones and Building a Stronger Core. Her Physiotherapy studio is located in Ottawa. Margaret has combined her years of Physiotherapy experience and her knowledge of Yoga to write Yoga for Better Bones.

Excellent product!!!! A+++++++

I have not had time to read through the entire book, but the many typos indicate that either there was a problem with my download, or they need to fix something from their end.

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