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The woman's book of yoga and health: a lifelong guide to wellness

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Resource Language:
English

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Author:
Linda Sparrowe
Patricia Walden

Publisher:
Shambhala Publications Inc.

Publication Date:
2002

Publication Place:
Boston, MA

Provides various yoga sequences, including those for relief from eating disorders, menstrual problems, immunity issues, back trouble, pregnancy, headaches, depression, and more.

Available From:
[Shambhala Publications, Inc.](#)

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Notes:
Includes index. --- Review, February 2003: Yoga offers something to women at any stage of our lives. The Woman's Book of Yoga and Health and Yoga for Women are both wonderful resources for women beginning or continuing their practice of yoga. Each include a wide variety of yoga poses and sequences tailored to the different passages of women's lives. There are poses for PMS, perimenopause, menopause, and beyond. There are sequences to help prevent or deal with osteoporosis, depression and heart disease. The Woman's Book of Yoga and Health looks at the spectrum of issues leading to disordered eating and has a sequence designed by Iyengar-trained Patricia Waldon to strengthen and energize girls' and women's self-image. Both books are splendidly illustrated with photographs, and include highly readable descriptions of the health benefits and the spiritual teachings of yoga.

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"The definitive guide to yoga and women's health."—Yoga Journal. "Linda and Patricia have compiled an essential book—both for women who practice yoga and for all yoga teachers. The Woman's Book of Yoga and Health is a vital, inspiring guide for women in all stages of life."—Rodney Yee, author of Yoga: The Poetry of the Body. A yoga book focusing on women hasn't been that many in the past. This book solely focuses on women, the various phases in life of a woman, the problems (and pleasures) in those phases. Studying Yoga and applying to these various phases is a commendable and worthy effort. The authors have done a great job overall. As a Yoga Teacher I find this book indispensable considering the fact 90% of yoga students are women. Click here for medical books free download for those members with blocked download links. The Uterine Health Companion: A Holistic Guide to Lifelong Wellness. Uncategorized. Jun 13 2017. Get IT free here. <http://nitroflare.com/view/A7126AF6DA66422/1587613514.epub>. Related Post. Chronic Inflammation: Mechanisms and Regulation. Maxeey-Rosenau-Last Public Health and Preventive Me Recent Trends in Antifungal Agents and Antifungal The Autoimmune Connection. Posted by webmaster at 2:10 pm. Sorry, the comment form is closed at this time. Understanding Fibromyalgia: An Introduction for Patients and Caregivers. Human Biological Aging : From Macromolecules to Organ-Systems. Medical Books Free Tweets.

Yoga is widely practiced for relaxation and health. It is a methodical practice that comprises breathing techniques (pranayama), meditation, relaxation, physical exercise, and postures (asanas). There are several health factors that yoga offers. The objective of celebrating International Yoga Day is primarily to raise awareness of the multifarious benefits of Yoga. It is celebrated in different parts of the world to spread the message of healthy body, mind, and soul. The honorable Prime Minister of India, Narendra Modi, suggested in his UN speech that June 21st is the longest day of the year and it holds a special significance in different parts of the world. Unanimously the United Nations General Assembly (UNGA) declared the day as Yoga Day. Yoga Equipment Women's Health Health And Wellness Yoga Reading Beloved Book Yoga Books Authors Alternative Health Yoga Sequences. The Woman's Book of Yoga and Health "A Lifelong Guide to Wellness. Thinking Woman. Books To Read." Yoga Warrior Pose, Warrior 2, Yoga Fitness, Stretching, Namaste Yoga, Yin Yoga, Yoga Meditation, Iyengar Yoga, Ashtanga Yoga. Pilgrimage Yoga Online. Buy a cheap copy of The Woman's Book of Yoga and Health: A by Linda Sparrowe. The Woman's Book of Yoga and Health is the first comprehensive book about women's health issues and how to treat them with yoga. The authors offer a complete yoga Free shipping over \$10. The authors offer a complete yoga program for general health as well as pose sequences that address specific health problems--all in the Iyengar tradition, which targets health needs more than other forms of yoga. For example, in the first part of the book, Patricia Walden has organized three chapters showing yoga poses Read More. Edition Details.