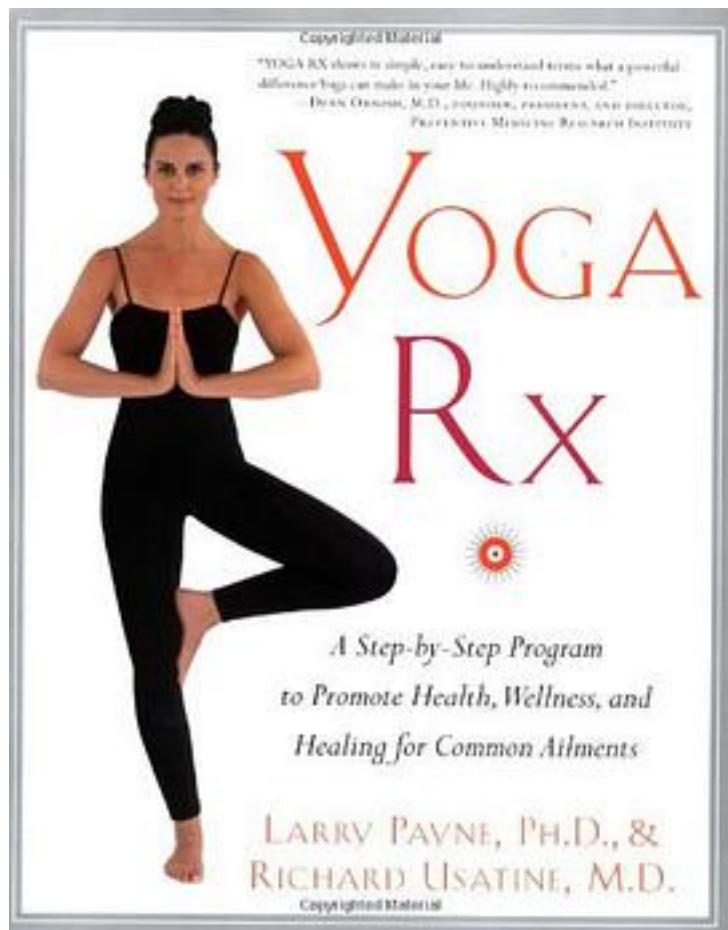


Yoga RX



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East meets West as an assistant dean at the UCLA School of Medicine and a celebrity Yoga instructor show how to use ancient Yoga postures for treating dozens of common ailments. Yoga has never been hotter in America, and now its benefits are being

recognized far beyond the arenas of enlightenment and body sculpting. "Yoga RX" distills an array of postures into an easy-to-use regimen for anyone seeking relief for anything from back pain to the common cold. Written by a highly respected professor of medicine and a renowned Yoga teacher and Yoga therapist whose clients include Warren Beatty, Ted Danson, and Dolly Parton, "Yoga RX" offers a holistic program based on the authors' research into the science of Yoga. Helping readers enhance their chances of disease prevention through increased circulation, strength, flexibility, and concentration, this accessible handbook also covers specific Yoga therapies for treating illnesses such as: - Arthritis - Headaches - PMS - Insomnia - Chronic Fatigue Syndrome In the tradition of "The Pilates Body," this step-by-step, illustrated handbook is the ultimate prescription for healing body, mind, and soul.

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