

Yoga for Nurses



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"Yoga for Nurses provides the means for nurses to support and enhance our ability to

care for ourselves. It gives nurses information and strategies to deal with the physical and mental imperatives found in our daily work life."

--Jill Howie Esquivel, RN, PhD

University of California, San Francisco (From the Foreword)

"The first yoga instruction book directed specifically toward nurses....Dr. Kollak...has written a book that assists nurses in taking time to care for themselves. The content in this book could be easily incorporated into a nursing inservice program as a means to prevent on-the-job, stress-related injuries." --Cindy Ann Howell, RN, MS, CNOR, CMLSO

University of Texas, MD Anderson Cancer Center Don't let mental stress, chronic pain, and fatigue disrupt your professional and personal life any longer.

Dr. Ingrid Kollak's Yoga for Nurses offers a tested therapy, proven to alleviate physical and mental pain, stress, and fatigue. As a yoga expert and a registered nurse herself, Dr. Kollak can show you how yoga is able to prevent and cure common ailments such as chronic neck and back pain, headaches, sore eyes, and lack of sleep. With this book, you'll learn how yoga works physically to reduce pain by stretching and strengthening muscles made tense from your normal, repetitive work routine. Kollak also shows you how yoga works on a mental level to provide an exceptional anti-stress program. This book, written "by" a nurse "for" nurses, presents a series of yoga exercises and practices that will allow you to regain your strength, reduce your physical pain, revitalize your mind, and transform your entire work experience.

Key Features:

Author is both a yoga expert and registered nurse
Includes large print photos, detailing how each exercise should be done
Contains different levels of yoga exercises, from easy-to-learn to advanced
Exercises can be used both at work and in the home
A fun, rewarding read

作者介绍:

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