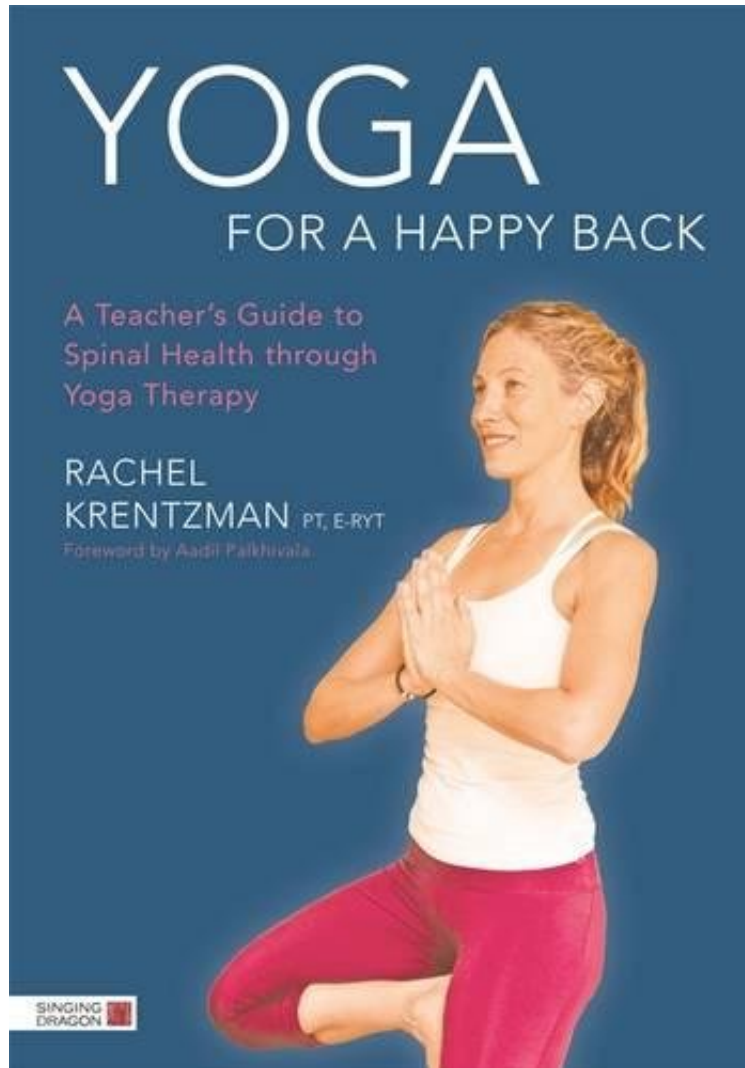


Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy

Rachel Krentzman

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Rachel Krentzman : Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy before purchasing it in order to gauge whether or not it would be worth my time, and all praised Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy:

1 of 1 people found the following review helpful. So I have not read this book yet but was ...By jesse bolton So I have not read this book yet but was blessed to have the opportunity to take one of Rachel's classes over the weekend at the San Diego Yoga Festival. I am a yoga teacher myself and Rachel was able to clear up some posture cueing

misconceptions that is really essential for keeping a healthy supportive spine. I am really looking forward to diving into this book as I'm sure her class was just a little taste of her knowledge. 1 of 1 people found the following review helpful. I can't recommend it highly enough. By Robert Hammill I have practiced yoga for years but was still in tremendous back and hip pain. Rachel's book showed me all the mistakes I was making and put me on the path to wellness. Nothing short of life changing. This book is suitable for teachers and students. Beginners and advanced. I can't recommend it highly enough. 1 of 1 people found the following review helpful. Wonderful sequences! By Fran Fantastic book!

This unique book offers a framework for using yoga therapeutically to heal back and spinal problems. Combining detailed instruction on evaluation and treatment techniques with personal narrative and case studies, *Yoga for a Happy Back* bridges the gap between practicing yoga for better physical health and understanding the role of the mind-body connection in back pain. Utilising her vast experience as a physical therapist and yoga therapist, and the latest advances in the field, Krentzman advises on how to design therapeutic yoga classes for individuals with back pain. She includes information on creating class themes, and never before published sequences from the Purna yoga tradition for alignment based treatment of specific spinal conditions. With over 300 photos and illustrations, this book enables practitioners to access the benefits of yoga therapy for the treatment of orthopaedic dysfunctions and to promote general spinal health.

Krentzman's DVD by the same name has been a powerful resource for patients and professional colleagues of mine for many years. Now they all have an opportunity to dive deeply into not only the "how" but even more importantly the "why" her approach makes so many backs happy! -- Matthew J. Taylor, PT, PhD, Past President of IAYT, Matthew J. Taylor Institute, www.smartsafeyoga.com Krentzman's DVD by the same name has been a powerful resource for patients and professional colleagues of mine for many years. Now they all have an opportunity to dive deeply into not only the "how" but even more importantly the "why" her approach makes so many backs happy! (Matthew J. Taylor, PT, PhD, Past President of IAYT, Matthew J. Taylor Institute, www.smartsafeyoga.com) From the Inside Flap Learn how to heal back and spinal problems through yoga therapy with this unique framework. Combining detailed instruction on evaluation of conditions and treatment techniques with personal narrative and case studies, *Yoga for a Happy Back* bridges the gap between practicing yoga for better physical health and understanding the role of the mind-body connection in back pain. Utilizing her vast experience as a physical therapist and yoga therapist, and the latest advances in the field of yoga therapy, Rachel Krentzman advises how to design therapeutic yoga classes for individuals with back pain of all forms. She includes information on creating class themes, and never before published sequences from the Purna yoga tradition for alignment-based treatment of specific spinal conditions. With over 300 photos and illustrations, teachers can access the benefits of yoga therapy for the treatment of orthopedic conditions and to promote general spinal health.