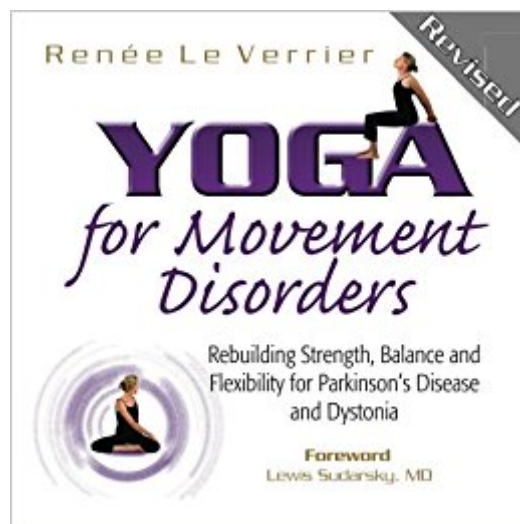




The book was found

Yoga For Movement Disorders: Rebuilding Strength, Balance And Flexibility For Parkinson's Disease And Dystonia



Synopsis

Experience the benefits of yoga for Parkinson's and other movement disorders. This updated and expanded guide includes new material throughout these features: Modifications to poses, promoting strength and flexibility while maintaining safety Seated as well as standing flows with chair support Specially designed sequences that target needs specific to movement disorders Detailed steps and numerous photos that show how to move in and out of poses Breathing exercises and relaxation techniques Practical ways to apply the yoga practice to daily activities Tips to Try This to help relieve various symptoms In addition, the author shares hands-on experience through insights from her personal journey as a certified yoga instructor, stroke survivor and person living with Parkinson's. Discover the benefits of yoga for people living with Parkinson's or other movement disorders in the updated and expanded Yoga for Movement Disorders.

Book Information

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Customer Reviews

I have arthritis and found Renee's instructional guide to be perfect for me. I have really benefitted from both the sitting and standing poses. The text lifts my spirits on each reading. I sent this book to a friend who has a very aggressive form of PD. Here is what she had to say about Renee's guide: I am finally getting around to thanking you for the great yoga book you sent. I waited intentionally to contact you to see if Yoga works for me, IT DOES!!! After stiff, slow extensor muscles, balance is my major problem. Yoga has affected both symptoms positively. The change is slow and gradual but quite clear. The book itself is wonderful in that it doesn't ask

you to do anything you can't do and the illustrations are superb. Even I can figure out the various poses. So I've become a real convert I've even bought a classic yoga leotard. Interestingly, I think yoga does more for my problems than the standard exercise regimen offered by our local Parkinson's support group. Sooooo..... I thank you sincerely for the gift of the book and the gift of yoga as a way of treating Parkinson's symptoms. Yoga has clearly improved the quality of my life and for this I am eternally grateful. I am using your yoga book with two of my clients and they love it. I am so happy to have this as a good resource. --Suzanne Uschold, LPTI

I am not a Yoga fan, and always considered contorting the body into impossible positions to be a sure ticket to torn muscles. But, I found Renee Le Verrier's book, *Yoga for Movement Disorders* fascinating, and it has gone a long way toward changing my mind. A talented writer, and a Yoga instructor, Le Verrier tells the personal story of having a stroke when she was a preteen and losing mobility on one side. Now, in later life, Parkinson's disease has affected her other side. A cruel blow, the ultimate double whammy, you might think. No! She plans to fight Parkinson's until she draws her last breath, not in quite the same way she that she fought and won the battle with the stroke, but through Yoga. *Yoga MD* is much more than a collection and description of exercises. The delicate touches in book, the details connecting body with mind and spirit, like wrinkling one's nose during a session, and gazing upward and casting one's mind to the stars, are priceless. If you ever had any doubts that Yoga can heal the mind and the spirit as well as the body, *Yoga MD* is the book for you. If you never had doubts, you will find much to reassure you.

This is the same book as ISBN 0985386908. It is reprinted with a new ISBN. The description, reviews and details are the same (except that it is not spiral bound). I hope this doesn't cause any confusion and that you still enjoy the book! - Renee

I have tried yoga and was a bit discouraged with the difficulty in poses. I have PD and when I used your video I couldn't believe how easy you made it seem and also I did not lose my balance. Your calm demeanor and perfect instructions make this a great addition to my daily routine. Thank you so much. You are an angel!

I really enjoy this DVD. It is calming, informative and helps me stretch my muscles and at the same time maintaining balance which is a problem for me with regular yoga. I have Cervical Dystonia and feel this DVD is a great tool for anyone with limited mobility from their disease or those who need a slower paced exercise routine due to fatigue.

I have been practicing yoga for 31 years and teaching for 11 years. I have a number of students with neurological disorders and this is one of the books I recommend to them. Roberta Dell'Anno, E-RYT 500 www.EssentialYoga.biz

I am a 60 year old woman with Parkinson's disease. I have read the book and exercised with the tape. I found the morning, afternoon and evening sets very relaxing and opened up my shoulder and back, allowing me to breathe more deeply. The exercise helps you to loosen up your muscles to allow for higher level stretches. I would like to say it has improved my balance, but it has not. By doing the exercises slow and paying close attention to how my body feels, I have discovered I have a tendency to walk with my right foot turned in. I now know what to ask my primary doctor if the problem is in my hip or ankle. The ability to focus on my movements helps me to discover problems I never noticed before.

This was a gift for my aunt who has Parkinson's. While I have not previewed it myself, I also have not gotten any complaints. My prior experiences with yoga tell me this should be just what the doctor ordered.

I purchased this book quite by accident. I was perusing 's site and this book came to my attention and when I saw that my neurologist has written the Foreword, I immediately ordered it. To be honest, I have not read the book entirely nor have I practiced all the exercises therein but in looking through it, I believe it will suit my purposes just fine. The part of the title which says for Movement Disorders is perfect as my disorder differs from the author's and her methods are meant to help with movement disorders in general and I think that this book will be a great source of information. I considered giving it 4 stars because I haven't read it in its entirety, but give it 5 stars because I am so thrilled to know that there is a book out there that addresses movement disorders.

I am a yoga teacher. I currently have a student with Parkinson's Disease. I use many of the suggestions in this book in class. My student has also purchased the book and finds it very helpful. The illustrations are very clear. The fact that the author also has Parkinson's gives the book a great deal of authenticity.

Excellent, easy to follow. Perfect for movement disorders. Like all exercise videos only problem is

doing the exercise while trying to watch it.

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Lifelong Yoga: Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond
Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief
Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3)
Deep Brain Stimulation: A New Life for People with Parkinson's, Dystonia, and Essential Tremor
Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength
Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2)
The Book of Exercise and Yoga for Those with Parkinson's Disease: Using Movement and Meditation to Manage Symptoms
Parkinson's Disease and Movement Disorders
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The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers)
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Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's
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