



Yoga as Therapeutic Exercise: A Practical Guide for Manual Therapists, 1e

Luise Worle BSc(Hons)Osteopathy MA, Erik Pfeiff DiplPsych

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Yoga as Therapeutic Exercise is a practical guide to prescribing yoga exercises therapeutically for common health problems. The book is aimed at all manual therapists, as well as yoga teachers working with beginners and physically restricted or older students. It describes how to modify yoga postures for a wide range of patients and conditions, integrating relaxation, stretching and strengthening. Written in an accessible style and with a very practical layout, it describes the principles and aims of this exercise approach before providing groups of exercises for specific areas of the body (feet and knees, pelvis, spine, shoulder girdle, neck, arms and hands). Exercises are classified from basic to advanced level and supported by clear illustrative photographs and precise descriptions.

KEY FEATURES

Includes basic tests to find the appropriate exercises

Gives advice for patient compliance

Presents basic exercises for all areas of the body

Helps patients build up a successful individual form of practice

Luise Wörle and Erik Pfeiff both lecture and teach

throughout Europe. Luise is a yoga teacher and osteopath;

Erik is a psychotherapist and bodywork therapist.

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