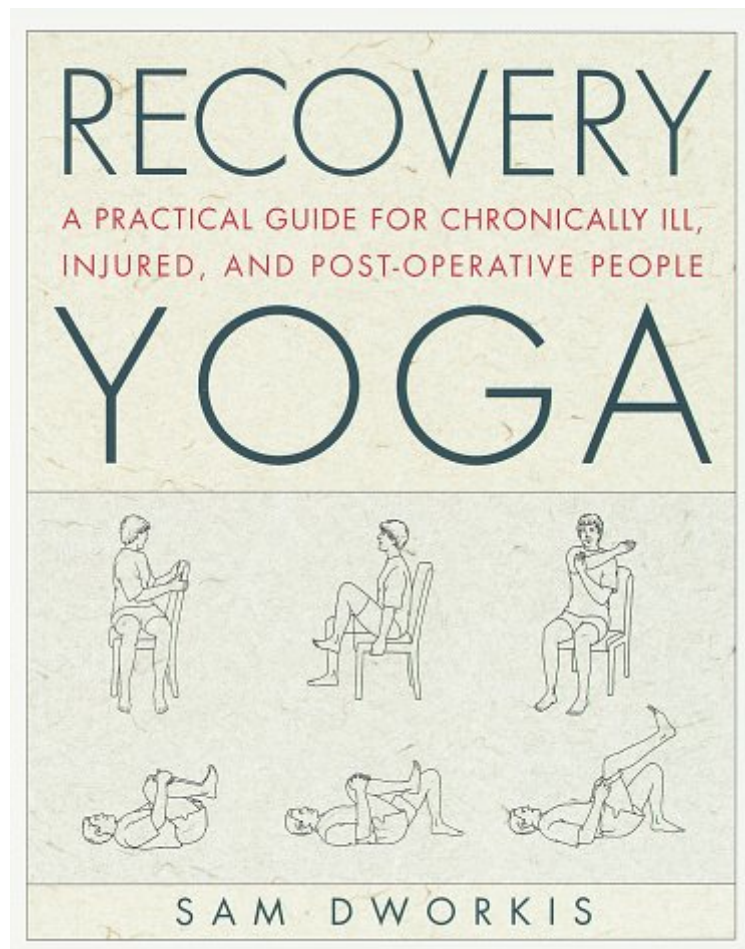


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Recovery Yoga: A Practical Guide for Chronically Ill, Injured, and Post-Operative People

Sam Dworkis

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Sam Dworkis : Recovery Yoga: A Practical Guide for Chronically Ill, Injured, and Post-Operative People before purchasing it in order to gauge whether or not it would be worth my time, and all praised Recovery Yoga: A Practical Guide for Chronically Ill, Injured, and Post-Operative People:

2 of 2 people found the following review helpful. A good practical approach to doing yoga exercises for those with physical limitations and medical issues. By Joseph J. Truncala Even though I am a senior with medical and physical issues I still manage to workout six days a week. Part of my workout always includes various yoga exercises and when I saw this 157 page soft cover book (Recovery Yoga: a practical guide for chronically ill, injured, and post-operative people by Sam Dworkis) on for a bargain price I purchased it. Even though I am familiar with most of the material in

this book; nevertheless, I like the author's approach beginning with proper breathing exercises. In fact, this volume has more Yoga breathing type of exercises than most of the previous books on Yoga I have read. This practical and easy to follow book is organized into 8 chapters 7 appendix sections. The author is a long time teacher of Yoga and when he was diagnosed with multiple sclerosis he had to change his own personal Yoga routine to cope with this debilitating disease of the central nervous system. The eight chapters cover the following areas: Foundations for breathing and body exercises, breathing exercises, coordinating breath with movement, lying-down exercises, sitting exercises, floor exercises, standing exercises and relaxation. Do not pass up the very informative appendix sections which includes the following: Extracurricular breathing exercises, supported chest openers, why the muscles of your body change when you are ill or injured, hamstring stretches, excessive cramping, meditation and other resources. If you are seeking a highly practical and easy to follow Yoga breathing and exercise program you should check out this book. Rating: 4 Stars. Joseph J. Truncale (Author: Seated Zen Karate for seniors and the physically challenged). 5 of 5 people found the following review helpful. Excellent Learning Tool By Ms Scuttlebutt This book was written by a yoga instructor who became ill with MS. It's very good. The book is no longer in print, but I was able to obtain a copy thru , it had been a library book. I'm a home health aide and have used this book on many occasions to teach clients the Yoga breathing technique, and some of the exercises. It's extremely helpful in that it offers variations on all exercises. If the individual is not comfortable in one position, 2 or 3 other options are offered. Very easy to understand. The book takes you through the exercises slowly. 1 of 1 people found the following review helpful. Five Stars By Customer excellent book and very useful while working with my older clients with chronic health problems.

yoga to maintain good health. The entire program, based on the author's 20 years of experience as a yoga practitioner and teacher, is a positive step that people with any degree of lessened physical ability can take to promote a sense of well-being and healing.