

[PDF] Back Care Basics: A Doctor's Gentle Yoga Program For Back And Neck Pain Relief

B.K.S. Iyengar, William Connor, Mary Pullig Schatz - pdf download free book

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Description:

Review "In Back Care Basics, Mary Pullig Schatz, M.D., helps to guide and educate those suffering with back pain. While explaining back problems from the viewpoint of Western medicine, she offers a comprehensive approach to self-care and healing using the ancient science of yoga. Yoga develops the health of the body and the clarity of the mind. It also has therapeutic value, providing ways of preventing and curing diseases.

Yoga enables the various parts of the body to function in harmony, keeps the cellular system healthy,

and improves circulation and respiration-the main vehicles of health. Dr. Schatz has demonstrated the efficacy of yoga by blending the thoughts of the West with those of the East. She has described the construction of the spinal column with its vertebrae and its protecting muscles in a clear and simple way, so that all can easily understand its functioning. She has given correct cautions to observe while exercising and stresses the importance of rehabilitation after injury and surgery." -- B.K.S. Iyengar (2013-02-27)

About the Author Mary Pullig Schatz, M.D. - Mary Pullig Schatz, M.D., graduated from Vanderbilt University School of Medicine, where she also completed specialty training in pathology. Dr. Schatz has successfully used yoga to heal her own lower back and neck problems. A certified Iyengar yoga teacher, she teaches yoga to health professionals, medical patients, and other yoga teachers.

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