



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

*Rachel Krentzman*

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

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.

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