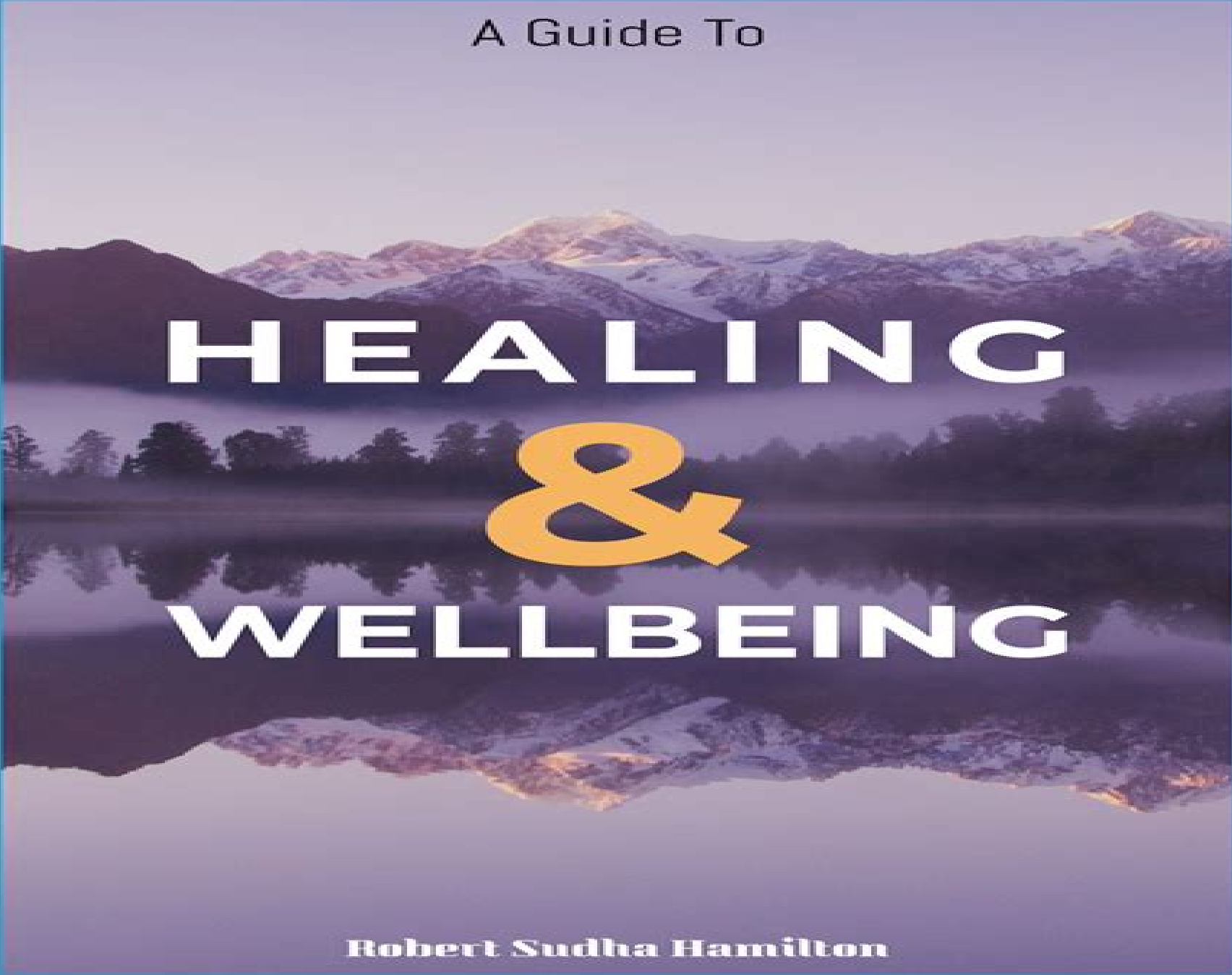


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all women and includes modifications for people who cannot or should not do all the poses chapter two is the Restorative Sequence for stress relief and relaxation chapter three contains advanced poses that energize and tone The second part is presented in four sections that broadly represent the stages of a woman's life teen years and early twenties later twenties and thirties midlife and wisdom years Each section contains chapters offering specific information about a particular health issue from author Linda Sparrowe as well as sequences of yoga poses from Patricia Walden that address the problem For example the back care chapter includes information about common back problems and their causes scoliosis arthritis lordosis sciatica kyphosis among others with an emphasis on emotional and psychological roots of some back problems physiological information about the spine and back muscles general information about how yoga addresses different areas of the back and finally Patricia Walden's sequences of poses that target different back problems with the goal of not only relieving back pain but of strengthening and healing old injuries and misalignments Sections of the book include Teens and Early 20s Eating disorders menstrual health immune support 20s and 30s Back care pregnancy headaches Midlife Depression menopause digestion Wisdom Years Osteoporosis postmenopause the heart The final section of the book includes listings of yoga centers instructional videos yoga equipment and where to go for more information about yoga

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