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## Relax & Renew: Restful Yoga for Stressful Times

By Lasater, Judith.

Rodmell Press. 1 Paperback(s), 1995. soft. Book Condition: New. Whether you have five minutes or an hour, taking time out each day to relax and reinvigorate yourself is essential to living well, notes Judith Lasater. A physical therapist with a doctorate in East-West psychology, Lasater has been teaching yoga for 45 years and has been a consultant on the National Institutes of Health studies on various aspects of yoga. Here she offers an illustrated guide to restorative yoga that features a general sequence of supported yoga postures and breathing techniques to heal the effects of chronic stress, with programs for back pain, headaches, insomnia, jet lag, and breathing problems, and a section for women during menstruation, pregnancy, and menopause. Lasater also provides practical suggestions to help you prevent stress and live more fully in the present moment." Judith Lasater writes with insight and clarity about a subject she loves: restorative yoga. These techniques will help you ease stress and live well."Dean Ornish 240.



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