



# Yoga and Parkinson's Disease: A Journey to Health and Healing

*Peggy Van Hulsteyn, Barbara Gage, Connie Fisher*

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Ease stiffness, improve strength and balance, and relieve stress with gentle, easy yoga postures.

Yoga is one of the most beneficial complementary therapies for Parkinson's disease (PD), helping to increase flexibility, correct posture, loosen tight, painful muscles, build confidence, and in general, enhance the quality of life. Peggy van Hulsteyn, who was diagnosed with PD 12 years ago, has experienced these benefits firsthand. In *Yoga and Parkinson's Disease*, van Hulsteyn draws on her 40-year yoga practice, collaborating with two certified yoga teachers to provide an accessible, easy-to-follow, and encouraging guide for bringing the benefits of yoga into your life, even if you've never done yoga before.

***Yoga and Parkinson's Disease includes:***

- Step-by-step instructions and easy-to-follow photographs
- Seated and assisted postures for those with limited mobility and unsteadiness
- Postures that can be done in bed to help you start your day
- Variations to ensure comfort and safety
- Tips for making practice easy, approachable, and sustainable

And much more

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Reading a guide tends to be new life style on this era globalization. With reading you can get a lot of information which will give you benefit in your life. Together with book everyone in this world can share their idea. Books can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or even their experience. Not only situation that share in the textbooks. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on this planet always try to improve their expertise in writing, they also doing some study before they write on their book. One of them is this Yoga and Parkinson's Disease: A Journey to Health and Healing.

#### **Cory Marshall:**

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book you read you can spent 24 hours a day to reading a e-book. The book Yoga and Parkinson's Disease: A Journey to Health and Healing it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too expensive but this book possesses high quality.

#### **Robert Johnson:**

The reason why? Because this Yoga and Parkinson's Disease: A Journey to Health and Healing is an unordinary book that the inside of the guide waiting for you to snap that but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking technique. So , still want to hold up having that book? If I were you I will go to the reserve store hurriedly.

#### **Jacqueline Morrison:**

In this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become certainly one of it? It is just simple approach to have that. What you have to do is just spending your time very little but quite enough to possess a look at some books. On the list of books in the top list in your reading list is Yoga and Parkinson's Disease: A Journey to Health and Healing.

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