

Mainstream America is finally catching on to what Eastern countries have known for thousands of years--that yoga is not only a great, low-impact way to increase flexibility and reduce stress, it is also useful in healing any number of afflictions, from common aches and pains to chronic diseases and emotional setbacks. In this easy to follow guide for practitioners at all levels, Americas leading teacher of Viniyoga emphasizes the physical as well as the spiritual components of healing through yoga. Beginning with a general introduction, he then includes case studies and specific yoga sequences designed to address individual ailments. Best of all, each step of each posture in a sequence is clearly illustrated with its own photograph. The exercises in this book are truly transformative and certain to help those searching for alternatives to mainstream medicine and those looking for a way of becoming more involved in their own physical well-being.

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