



Yoga Therapy: A Personalized Approach for Your Active Lifestyle

Kristen Butera, Staffan Elgelid

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Yoga is more popular now than ever. The benefits are recognized worldwide, and athletes and therapists rely on the practice. Yet its appeal is as varied as those who practice it. Regardless of your activity level and fitness background, yoga is truly for you.

Yoga Therapy: A Personalized Approach for Your Active Lifestyle will help you see your daily activities in a new light by giving you a new understanding of movement. Whether playing sports or exercising for fitness, you'll recognize your movement and identify the poses to make them more efficient. With detailed instructions and photos, you'll be guided through the exercises, breathing, and visualization techniques to improve your physical, mental, emotional, and spiritual health.

Comprehensive and accessible, *Yoga Therapy* demonstrates the most effective poses for mobility, strength, recovery, and balance as well as techniques to aid relaxation and help with stress management.

No matter your age, experience, or desired goal, *Yoga Therapy* will empower you to create personalized approaches that are as unique as you are and learn how to adapt your practice to your changing needs and goals throughout life.

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