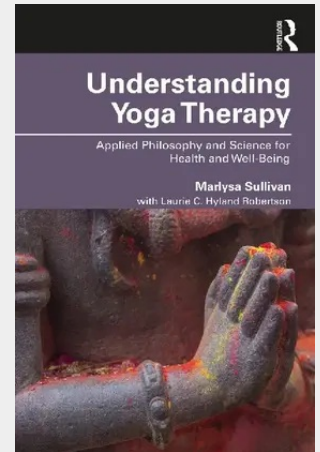


Understanding Yoga Therapy

Applied Philosophy and Science for Health and Well-Being

Understanding Yoga Therapy offers a comprehensive and accessible perspective on yoga therapy as a complementary, integrative route to promoting whole-person well-being. Readers will come away from the book understanding how the philosophy, texts, and teachings of yoga benefit a wide range of health conditions. The book is split into three helpful sections: Part I discusses foundational texts and their interpretations; Part II outlines the biopsychosocial-spiritual and neurophysiological model of integrative health pertinent to yoga therapy; and Part III focuses on practical applications separate from the more familiar diagnosis-driven models. Experiential activities and case studies throughout the text illuminate how yogic practices can be incorporated for optimal health. Bridging the ancient and modern, philosophical and scientific, Understanding Yoga Therapy offers a clear explanatory framework for yoga therapists, physicians, allied and complementary healthcare providers, and their patients and students.

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50,00 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781138484559

Medium: Buch

ISBN: 978-1-138-48455-9

Verlag: Routledge

Erscheinungstermin: 05.05.2020

Sprache(n): Englisch

Auflage: 1. Auflage 2020

Produktform: Kartoniert

Gewicht: 407 g

Seiten: 276

Format (B x H): 152 x 229 mm

