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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2016. Paperback. Book Condition: New. 254 x 177 mm. Language: English . Brand New Book. Yoga is an extremely beneficial therapy for ameliorating physical symptoms of both Parkinson s disease (PD) and multiple sclerosis (MS), and improving emotional wellbeing through breathing, asana, relaxation and meditation. Outlining each condition, its pathology, treatment and its impact on the lives of those affected, the book describes how yoga practice can be tailored to meet the specific needs of...

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- Authored by Jean Danford
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