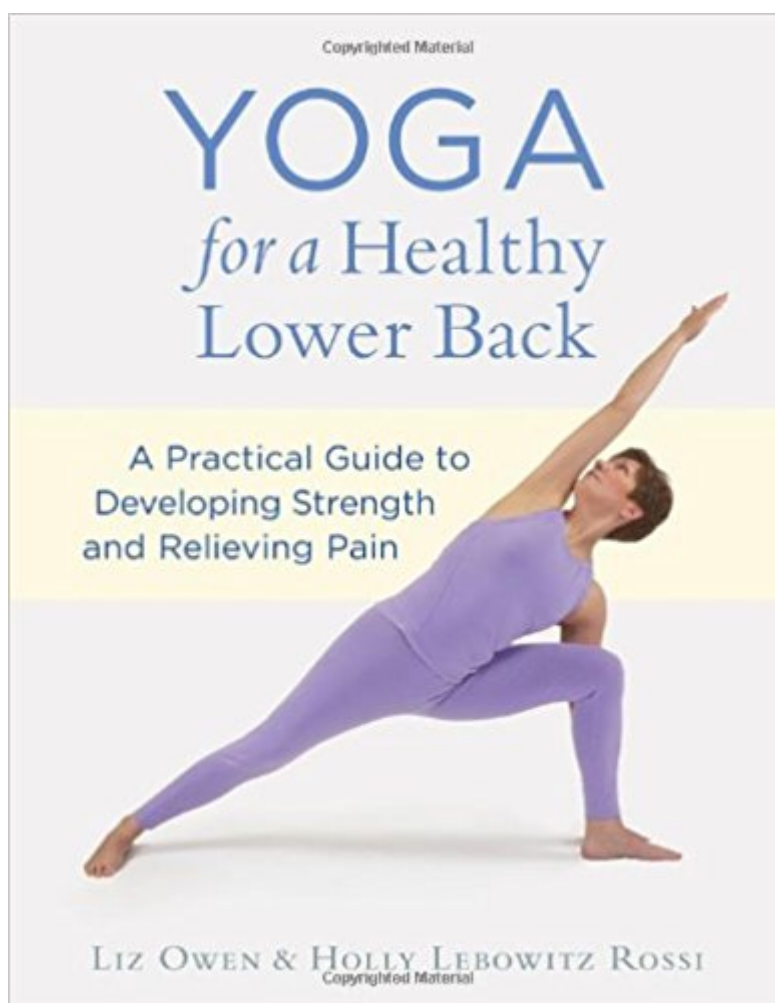


The book was found

Yoga For A Healthy Lower Back: A Practical Guide To Developing Strength And Relieving Pain



Synopsis

Learn to understand lower back pain and heal it through gentle yoga exercises. Liz Owen, a yoga instructor who specializes in alleviating back pain, describes the anatomy of the sacrum and the region around it, including the hips and lumbar spine. She discusses both the Western and Eastern approaches to understanding back pain—particularly the Eastern medical notion of energy flow and how that relates specifically to the sacrum and the many related muscles and joints, and the chakras, or energetic points, that relate to the area. The sacrum, or lower back, is an incredibly powerful part of the human anatomy. It's what enables you to stand upright and tall, it unites your upper and lower body, it roots you to the earth, it is the foundation from which you reach upward—and it is one of the most common areas where people experience chronic pain and discomfort. It's probably the number one body part that keeps massage therapists, chiropractors, and acupuncturists in business. Owen then provides simple, easy-to-learn sequences of yoga poses for general sacrum health and then for specific problems. The last section looks at strategies for sacrum health related specifically to pregnant women and those with fibromyalgia or arthritis.

Book Information

Paperback: 240 pages

Publisher: Shambhala; 1 edition (August 20, 2013)

Language: English

ISBN-10: 1611800498

ISBN-13: 978-1611800494

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 14 customer reviews

Best Sellers Rank: #664,021 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #657 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #1033 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

Holly Lebowitz Rossi is a freelance writer whose articles on religion, health, wellness, and happiness, have appeared in Newsweek, Spa Finder, Tango Magazine, the Washington Post, Slate.com, Parents.com, and Beliefnet.com. She is also a student of Liz Owen, whose methods she credits with eliminating her own lower back pain.

My back pain is so much better after beginning the workouts in the book. I bought the book version because it is easier to take and follow at work than a DVD. The only thing I would change is the binding. A spiral binding would allow the book to stay open easily while performing poses.

Excellent book, clearly written, with lots of illustrations. Easy to follow instructions. My back pain has eased significantly within a week (after only reading the first chapter or two).

This is the first time I am reviewing a product on . I felt compelled to write one for "Yoga for a Healthy Lower Back" hoping it will help someone with back issues find a true gift from Liz Owen. I have had lower back issues over 20 years, and have a herniated disk in my upper back from a fall about 8 years ago. I am 50 years old now, and have a 6 year old and a 3 year old, needless to say, having young children is no party for someone with back problems. Liz's book, as I stated above, is truly a gift. I read the book mindfully and as the author suggests patiently. I worked through the routines and (read all the text) in the order they presented, and I would strongly suggest that is the best way to work with this book in order to get it's full benefits. After I finish my daily routine(s), using the poses and excellent guidance provided in the book, I feel truly grateful for the new found pain-free energy, and health my back is finally experiencing. Furthermore, as a bonus, the book has positively effected every part of my body from my legs and arms to my core. It is a truly holistic approach to healing back problems What more can I say, if you are looking for relief from chronic back pain, and get in great shape in general, look no further.

This book is outstanding for anatomy education and yoga poses for specific back issues. I highly recommend it for yoga!

Very helpful

It works! Choose from any number of sequences, use the visual cues from the photographs, and follow the important actions taught in each pose. You will feel immediately that something has changed in your back. Midway through the first practice I felt relief from an ongoing lower back pain. I have been sharing this book with my own yoga students and the response is always positive.

This book, written by a wonderful Yoga teacher, is very thorough, clear, and informative. I have been teaching Yoga for ten years, and every time I read this book, I learn something! An excellent resource! Thank you, Liz Owen!

Very good book for anyone looking to target yoga poses or sequences for those with lower back and/or sciatica issues. Easy to understand and provides the rationale behind the recommendations. Photos of poses are helpful but a little small to see specific details sometimes.

[Download to continue reading...](#)

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Yoga for a Healthy Lower Back: A Practical Guide to Developing Strength and Relieving Pain Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) FrameWork for the Lower Back: A 6-Step Plan for a Healthy Lower Back (FrameWork Active for Life) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, & I.B.S. and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching,

Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms
Without (All Other Health) The Power of Ashtanga Yoga: Developing a Practice That Will Bring You
Strength, Flexibility, and Inner Peace--Includes the complete Primary Series 8 Steps to a Pain-Free
Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind
Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)