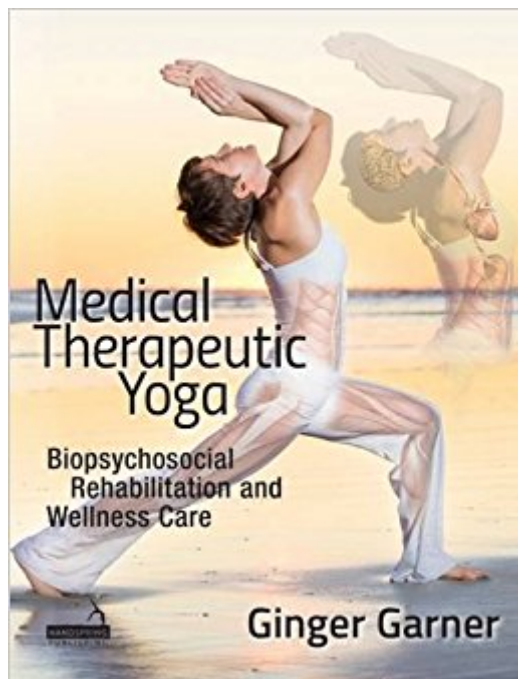




Ebook Directory
the best source of ebook

The book was found

Medical Therapeutic Yoga: Biopsychosocial Rehabilitation And Wellness Care



Synopsis

This book brings a large body of work, known as medical therapeutic yoga (MTY), to health professionals and yoga teachers so they can apply yoga postures to treat acute and chronic disease processes. MTY is based on integrative medicine's biopsychosocial model of care, a patient-centered approach - shown to be the most effective.

Book Information

Paperback: 381 pages

Publisher: Handspring Publishing; 1 edition (October 31, 2016)

Language: English

ISBN-10: 1909141135

ISBN-13: 978-1909141131

Product Dimensions: 1 x 7.2 x 9.8 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #144,940 in Books (See Top 100 in Books) #68 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physical Medicine & Rehabilitation](#) #95 in [Books > Medical Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation](#) #139 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine](#)

Customer Reviews

Dr. Garner is an orthopaedic physical therapist, author, and educator whose focus is yoga's use in healthcare and self-care. Her clinical specialties include the pelvis and hip, pain management, and injury prevention and public health advocacy. Dr. Garner is the founder of Professional Yoga Therapy Institute, an international, interdisciplinary post-professional medical yoga therapy certification for healthcare professionals. Dr. Garner lectures internationally and teaches for multiple universities and organizations. She lectures and pursues research on yogic biopsychosocial and interdisciplinary care at her alma mater, The University of North Carolina at Chapel Hill. She is an advocate for equal rights and access to biopsychosocial-driven healthcare via improving health literacy for yoga's inclusion in health- and wellness care, particularly to foster gender equity in healthcare, improve access to PT, and social justice for mothers. Ginger lives with her husband and three sons in the United States.

Scholarly, precise, the best link of medical and yoga foundations for healers, therapists, teachers, and a great guide for self care with yoga, Maureen

Very quick delivery was a delight! The book itself is very detailed and easy to read (with focus). I am happy to have found this resource.

A thorough professional level study of applied yoga as therapy and candid conversation regarding current state of western healthcare, where we fall short and the dire need for health education, prevention and equality. It will be a good day when people in poverty or those on the edge or those losing their house due to healthcare treatment costs and congressional representatives have the same insurance coverage.

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

Medical Therapeutic Yoga: Biopsychosocial Rehabilitation and Wellness Care 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) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Therapeutic Modalities in Rehabilitation, Fourth Edition (Therapeutic Modalities for Physical Therapists) 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) Medical Terminology: Medical Terminology Easy Guide for Beginners (Medical Terminology, Anatomy and Physiology, Nursing School, Medical Books, Medical School, Physiology, Physiology) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) Health Care Policy and Practice: A Biopsychosocial Perspective 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) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for

Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Therapeutic Exercise (Therapeutic Exercise Moving Toward Function)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)