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Autore	Annie Courtecuisse Annie
Titolo	Yoga Pour Soi
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ISBN	9782551259410 255125941X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (180 pages)
Soggetti	Hatha yoga for older people Chronic pain - Treatment
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	This book explores the use of adapted yoga as an effective method for managing chronic pain, particularly among the elderly. Authored by yoga instructor Annie Courtecuisse and medically reviewed by geriatricians Dr. David Lussier and Dr. Éric Sauvageau, it combines yoga techniques with medical advice to improve patients' quality of life. The book targets proactive individuals who seek to actively manage their pain through physical and mental exercises, promoting autonomy and emotional control. Accompanied by a DVD, it provides practical exercises for daily routines to help reduce pain, improve mood, and enhance sleep. The goal is to empower readers to take control of their pain and maintain functional independence.