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Nota di contenuto	Cover; Title; Copyright; Contents; Foreword; Preface; Acknowledgments; Author's Note; Part 1: Yoga to the Rescue; Chapter 1: My Story; Chapter 2: Research and Findings on Yoga for Parkinson's Disease; Chapter 3: How to Use This Book; Practical Tips for Beginning Your Yoga Practice; Notes on Safety and Comfort; Chapter 4: An Introduction to Yoga; Part 2: The Poses; Chapter 5: Supine Postures (Lying on Your Back); Corpse Pose; Supine Twist; Abdominal Curl; The Single Leg Abdominal Curl; Supine Leg Stretch; Dead Bug Pose; Modified Shoulder Stand; Bridge Pose Chapter 6: Prone Postures (on Knees or Belly)Cat Pose; Child's Pose; Cobra Pose; Diagonal Stretch Pose; Half-Circle Pose; Chapter 7: Seated Poses; Easy Pose; Seated Twist Pose; Forward Bend Pose; Modified Forward Bend Pose; Butterfly Pose; Chapter 8: Standing Postures; Mountain Pose; Lateral Neck Stretch; Standing Tree Pose; Half-Squat Pose; Triangle Pose; Moon Salute; Hip Rotations; Warrior Pose; Classic Forward Bend; Supported Standing Forward Bend; Modified Forward Bend (Half Bend); Modified Forward Bend, with Bent Leg; Forward Bend Twist; Standing Twist; Forward Dive; Backward Bend Pose Standing Shoulder Squeeze Lateral Side Bend; Chapter 9: Yoga Snacks: Approachable Postures to Begin Your Day or When You Have Limited

Time or Energy; Corpse Pose; Chair-Assisted Corpse Pose; Knee Hug; Lying Twist; Cat Pose; Pillow-Assisted Child's Pose; Cobra Pose; Butterfly Pose; Seated Mountain; Seated Forward Bend; Seated Forward Bend with a Straight Back; Lateral Neck Stretch; Seated Hero or Breath of Joy; Seated Twist; Seated Warrior; Chair-Assisted Camel Pose; Chapter 10: Meditation; Conclusion; Notes; Resources; Index

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## Sommario/riassunto

Yoga and Parkinson's Disease is a practical how to guide to using yoga to manage stress, improve mental alertness, increase flexibility, correct posture and improve the quality-of-life of readers with Parkinson's. It follows the author's own experience and research studies in the subject that have shown a correlation between yoga practice and better health and outcomes after a Parkinson's Disease diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility.

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