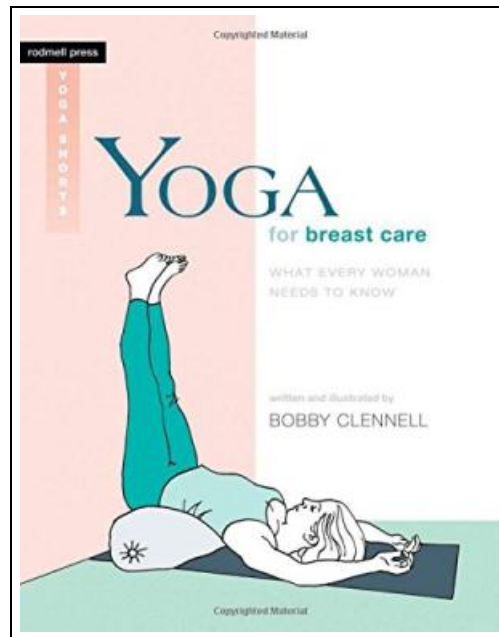


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Shambhala Publications Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. In Yoga for Breast Care, senior yoga teacher Bobby Clennell offers a comprehensive program of asana (yoga poses) and pranayama (breathing techniques) designed to support breast health. Beginning with a description of breast development and structure and the lymphatic and hormonal systems, as well as breast conditions including pain, fibrocystic breasts, dense breasts, and more, Yoga for Breast Care then presents a variety of asana and pranayama divided into categories according to the position the body assumes: standing, sitting, twisting, inverting, bending forward or backward, and lying down. Also included are active and restorative sequences for immunity, energy, cyclic and noncyclic breast pain, cysts, and for pregnancy and nursing mothers. Practices for breast cancer survivors include sequences for those who have recently undergone breast-cancer surgery and are receiving intensive chemotherapy or radiation treatment and for those with decreased mobility and numbness in the arm, shoulder, and chest. Whether readers have experienced problems with their breasts or not, this book provides positive and practical methods for raising awareness and regaining confidence in the body.



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