



Hormone Balance Through Yoga A Pocket Guide for Women over 40

By Claudia Turske

Hunter House. Paperback. Book Condition: New. Paperback. 72 pages. Dimensions: 6.4in. x 5.2in. x 0.3in. Hormone Balance Through Yoga: A Pocket Guide for Women over 40 by Claudia Turske is a 72-page, 4-color pocketbook illustrating and explaining yoga exercises that will help women with hormone balance and production for energy and stress reduction during perimenopause, menopause and postmenopause. Hormone Balance Through Yoga is organized in a clear format with instructional pictures and illustrations and also includes breathing exercises; mudras, or hand positioning for relaxation; techniques for energy retention; and a hormone calendar at the back for charting progress. Menopause is a controversial time for many women. The transition to menopause affects women in many ways. Some women will experience great loss as they prepare for menopause, and others will feel liberated. But most women will experience physical and hormonal change that may dictate ones difficulty or ease at moving through the process. Hormone Balance Through Yoga: A Pocket Guide for Women over 40 is a tool for women to redress these hormonal fluctuations in a holistic and natural way, aimed at preventing or eliminating the symptoms of menopause by reactivating hormone production. Trained by Dinah Rodrigues in Hormone Yoga Therapy, Claudia...



READ ONLINE
[6.76 MB]

Reviews

A brand new e-book with a brand new standpoint. it was actually writtern extremely properly and valuable. I am just quickly can get a pleasure of looking at a published ebook.

-- Prof. Garett Schmitt

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- Shayne O'Conner

Other PDFs



[The Mystery at the Eiffel Tower Around the World in 80 Mysteries](#)

Gallopade International. Paperback. Book Condition: New. Paperback. 129 pages. Dimensions: 7.4in. x 5.0in. x 0.4in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



[The Mystery at Motown Real Kids Real Places](#)

Carole Marsh Books. Paperback. Book Condition: New. Paperback. 158 pages. Dimensions: 7.4in. x 5.2in. x 0.5in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to...



[How to Make a Free Website for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



[Fox at School: Level 3](#)

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such...



[Viking Ships At Sunrise Magic Tree House, No. 15](#)

Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in. Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade series the Magic Tree House! Beware of Vikings! warns...



[Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic \(Hardback\)](#)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on...