



# **Yoga for Movement Disorders Revised: Rebuilding Strength, Balance and Flexibility for Parkinson's Disease and Dystonia**

*Renee Le Verrier*

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## **Yoga for Movement Disorders Revised: Rebuilding Strength, Balance and Flexibility for Parkinson's Disease and Dystonia** Renee Le Verrier

Experience the benefits of yoga for Parkinson's and other movement disorders. This revised guide adds new material for both students and teachers on:

- Modifications to poses, promoting strength and flexibility while maintaining safety
- Seated as well as standing flows with chair support
- Specially designed sequences that target needs specific to movement disorders
- Detailed steps and numerous photos that show how to move in and out of poses
- Breathing exercises and relaxation techniques
- Practical ways to apply the yoga practice to daily activities
- Tips to Try This to help relieve various symptoms

In addition, the author shares hands-on experience through insights from her personal journey as a certified yoga instructor, stroke survivor and person living with Parkinson's. Discover the benefits of yoga for people living with Parkinson's or other movement disorders in the updated and expanded Yoga for Movement Disorders.

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