

Yoga Therapy

Theory and Practice

By Ellen G. Horovitz, Staffan Elgelid

Yoga Therapy: Theory and Practice is a vital guidebook for any clinician or scholar looking to integrate yoga into the medical and mental health fields. Chapters are written by expert yoga therapy practitioners and offer theoretical, historical, and practice-based instruction on cutting-edge topics such as application of yoga therapy to anger management and the intersection of yoga therapy and epigenetics; each chapter also includes a Q&A section of "self-inquiries." Readers will find that *Yoga Therapy* is the perfect guide for practitioners looking for new techniques as well as those hoping to begin from scratch with yoga therapy.

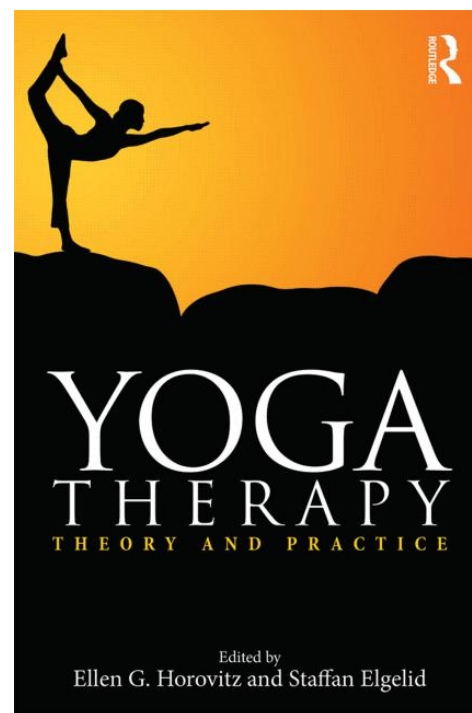
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