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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...



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