



The Healing Path of Yoga: Time-Honored Wisdom and Scientifically Proven Methods That Alleviate Stress, Open Your Heart, and Enrich Your Life

Nischala Joy Devi, Dean Ornish M.D., Shaye Areheart

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Stress is now considered the foremost contributor to poor health and a major factor in causing heart disease, cancer, and a myriad of chronic and acute diseases. This book will make yoga a fundamental part of your quest for wellness and well-being, whether you are a novice or a current practitioner.

Nischala Joy Devi, a pioneer in the field of alternative healing and a renowned yoga expert, has spent years helping people realize the healthful and stress-controlling benefits of yoga. In 1982 she developed yoga-based retreats for Dr. Michael Lerner's now famous Commonwealth Cancer Help Program. That same year Dr. Dean Ornish asked her to create a program of yoga practices for patients suffering from heart disease. Yoga's contribution to the success of both programs has been astounding.

Devi shares her years of experience working with the healthful benefits of yoga, teaching visualizations, breathwork, and meditation, as well as providing the classic steps and illustrated instructions for yoga's physical poses. **The Healing Path of Yoga** uses timeless Indian-based yoga techniques and philosophy, along with Devi's lifestyle-altering regimen, to create one extraordinary program with the power to rejuvenate and heal. **The Healing Path of Yoga** presents the key to: preventing disease and stress in healthy people

aiding in recovery from heart disease, cancer, and other illnesses

physical conditioning and weight loss

deep, healing relaxation techniques

heightened overall wellness of body, mind, and spirit

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