



# **Yoga and Parkinson's Disease: A Journey to Health and Healing**

*Peggy Van Hulsteyn*

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## **Yoga and Parkinson's Disease: A Journey to Health and Healing** *Peggy Van Hulsteyn*

*Yoga and Parkinson's Disease* is a practical how to guide to using yoga to manage stress, improve mental alertness, increase flexibility, correct posture and improve the quality-of-life of readers with Parkinson's. It follows the author's own experience and research studies in the subject that have shown a correlation between yoga practice and better health and outcomes after a Parkinson's Disease diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility.

*Yoga and Parkinson's Disease* shows how yoga ameliorates difficulties that accompany Parkinson's, including mobility, range of motion, balance, and guides towards leading a healthier life.



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