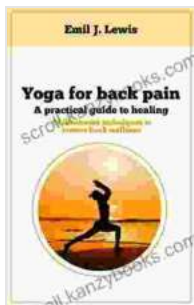


Illustrated Exercises To Recover The Well Being Of Your Spine: Your Step-by-Step Guide to a Pain-Free Back

Back pain is a common problem that can affect people of all ages. It can be caused by a variety of factors, including poor posture, muscle strain, and injury. While back pain can be debilitating, it is often treatable with conservative measures such as exercise.

This comprehensive guidebook provides a wealth of easy-to-follow exercises, expert advice, and practical insights to help you regain the health and mobility of your spine. With detailed illustrations and step-by-step instructions, you will learn how to relieve pain, improve posture, and restore your spine's natural balance.



Yoga for back pain: Illustrated exercises to recover the well-being of your spine by Emil J. Lewis

★★★★☆ 4.2 out of 5

Language	: English
File size	: 2216 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 122 pages
Lending	: Enabled



What You Will Learn in This Book:

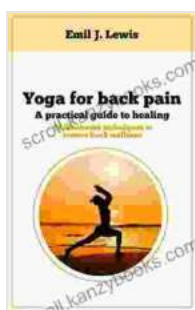
- The anatomy of the spine and how it works
- The causes of back pain and how to prevent it
- A variety of exercises to relieve back pain and improve posture
- Tips for maintaining a healthy spine and preventing future pain

Whether you are suffering from chronic back pain or simply looking to improve your spinal health, this book is an essential resource. With its clear instructions, expert advice, and detailed illustrations, you will have everything you need to recover the well-being of your spine and enjoy a pain-free back.

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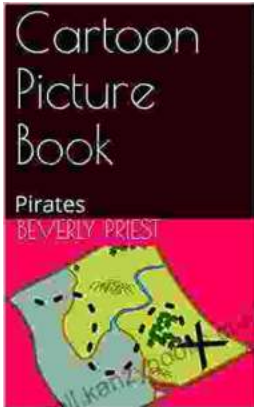
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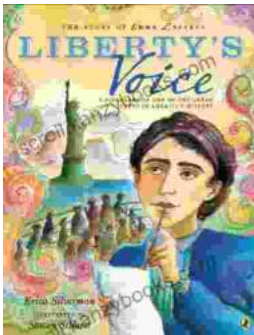
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