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Yoga and Multiple Sclerosis: A Journey to Health and Healing

Loren Martin Fishman, Eric Small, Loren Dr. Fishman

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Yoga for people with multiple sclerosis? Absolutely! Today, people with a wide range of medical problems use yoga successfully. Because of its emphasis on relaxation, breathing, and deliberate movement, it can be especially beneficial for individuals dealing with a neurologic disease like multiple sclerosis.

Yoga and Multiple Sclerosis, coauthored by Dr. Loren Martin Fishman and Eric Small, a yoga teacher who first embraced these techniques as a way to manage his own symptoms of multiple sclerosis, is a comprehensive guide to applying the principles of yoga to the management of MS. The first section is a straightforward but gentle introduction to yoga - a therapeutic approach to the practice itself. The second part is functionally oriented. Different yoga poses that work toward a common goal, such as combating fatigue, reducing spasticity, and increasing range of motion, are included and illustrated. This user-friendly guide

Yoga and Multiple Sclerosis: A Journey to Health and Healing is an excellent guidebook and tool for people with MS, people who undertake yoga on their own, and for all members of the medical and yoga communities.

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