With this book, you’ll learn how yoga works physically to reduce pain by stretching and strengthening muscles made tense from your normal, repetitive work routine. Kollak also shows you how yoga works on a mental level to provide an exceptional anti-stress program.

Ingrid Kollak’s Yoga for Nurses offers a tested therapy, proven to alleviate physical and mental pain, stress, and fatigue. As a yoga expert and a registered nurse herself, Dr. Kollak can show you how yoga is able to prevent and cure common ailments such as chronic neck and back pain, headaches, sore eyes, and lack of sleep.

This book, written by a nurse for nurses, presents a series of yoga exercises and practices that will allow you to regain your strength, reduce your physical pain, revitalize your mind, and transform your entire work experience.

Key Features:
* Author is both a yoga expert and registered nurse
* Includes large print photos, detailing how each exercise should be done
* Contains different levels of yoga exercises, from easy-to-learn to advanced
* Exercises can be used both at work and in the home