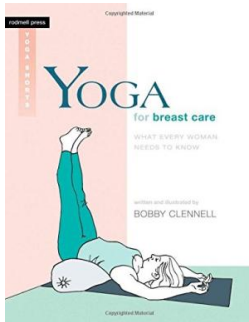


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YOGA FOR BREAST CARE (PAPERBACK)



Shambhala Publications Inc, United States, 2014. Paperback Condition: New. Language: English . Brand New Book. In Yoga for Breast Care, senior yoga teacher Bobby Clennell offers a comprehensive program of asana (yoga poses) and pranayama (breathing techniques) designed to support breast health. Beginning with a description of breast development and structure and the lymphatic and hormonal systems, as well as breast conditions including pain, fibrocystic breasts, dense breasts, and more, Yoga for Breast Care then presents a variety of asana..

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- Authored by Bobby Clennell
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