



The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness

Linda Sparrowe , Patricia Walden , Judith Hanson Lasater (Foreword by)

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The Woman's Book of Yoga and Health is the first comprehensive book about women's health issues and how to treat them with yoga. The authors offer a complete yoga program for general health as well as pose sequences that address specific health problems—all in the Iyengar tradition, which targets health needs more than other forms of yoga. For example, in the first part of the book, Patricia Walden has organized three chapters showing yoga poses with clear instructions that tell how to get into each pose and describe its benefits: chapter one is the Essential Sequence for all women, and includes modifications for people who cannot or should not do all the poses; chapter two is the Restorative Sequence for stress relief and relaxation; chapter three contains advanced poses that energize and tone.

The second part is presented in four sections that broadly represent the stages of a woman's life: teen years and early twenties, later twenties and thirties, midlife, and wisdom years. Each section contains chapters offering specific information about a particular health issue from author Linda Sparrowe, as well as sequences of yoga poses from Patricia Walden that address the problem. For example, the back care chapter includes information about common back problems and their causes (scoliosis, arthritis, lordosis, sciatica, kyphosis, among others) with an emphasis on: emotional and psychological roots of some back problems; physiological information about the spine and back muscles; general information about how yoga addresses different areas of the back; and finally, Patricia Walden's sequences of poses that target different back problems with the goal of not only relieving back pain but of strengthening, and healing old injuries and misalignments.

Sections of the book include:

- Teens and Early 20s: Eating disorders, menstrual health, immune support
- 20s and 30s: Back care, pregnancy, headaches
- Midlife: Depression, menopause, digestion
- Wisdom Years: Osteoporosis, postmenopause, the heart

The final section of the book includes listings of yoga centers, instructional videos, yoga equipment, and where to go for more information about yoga.

The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness Details

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From Reader Review The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness for online ebook

Kris says

I've been looking for a good yoga book with pose descriptions, variations, and sequences to help me grow in my practice and this book had plenty of that. Unfortunately, it also had plenty of the 'this pose cures depression' and 'An inversion a day keeps the doctor away!' Plus the women models wore funny leotards. I liked the idea of different sequences for different times of your life (and the sequences were good ones!), but didn't appreciate the panaceaic claims of those sequences. Being strong in Warrior II might help some girls conquer their eating disorders, but it is an insulting generalization to say it will for all. But, alternative medicine regularly surprises, so take a chance if you're looking for a cure for just about anything. Good explanations, good sequences, distracting anecdotal forewords to each section.

Brielle says

Clear text, clear pics, and it was nice that it shows different sequences for different purposes. Text explains not only how to do each pose, but what the pose does and what benefits it gives.

Rebekah says

Love this book, awesome reference for great poses to relieve various female issues!

Carrie Ridgeway says

Recommended for it's info on using props.

Lauren Fulner says

I love the essential sequence in this book, and the array of yoga, herbalism, and general health info for women of all ages. Also, as a 20 something that intentionally is not having children, I greatly appreciate that there is only ONE CHAPTER on pregnancy and childbirth. Thank god someone finally figured out that the 'miracle of birth' is only relevant to some people.

Liz Filippone says

Another great yoga book, but focused totally on women. It's amazing how it goes through the various stages of a women's life--puberty, menstruation, pregnancy, post natal, menopause. It talks about each of the stages

and the affects in has on a women's life, along with detailed yoga sequences. I took an intensive with the woman who created the sequences in this book (the woman on the cover).

Mckinley says

Seems a bit much to start.

Carol says

Fantastic resource book for women, regardless whether or not they practice yoga. Love the life cycle format the author used to cover health issues women experience from adolescence/puberty through menopause and the wisdom years. Learned a lot!

Hannah Cole says

A very comprehensive yoga book written by women for women of all ages.

Court says

There is a lot that made the book hard to get through for me, but also a lot that I thought was beneficial.

Overall, I like the book.

Cons-

there is an assumption the author tends to make throughout the book that women have it worse than men, girls have it worse than boys, etc. I think that is false. I don't think guys necessarily have it worse, but the stressors in life stages are different. It also seems to me that she tends to exaggerate how bad life is for us at different stages.

She does not provide any information for how to practice in environments with little space.

While I certainly agree that investing in certain yoga products is worth it, not everyone feels that way or can afford things like that. If you do not have the money or wish to spend it on other things, there are alternatives.

1. Carpeting can be used in place of a mat, and some poses can be done on your bed or even on hard flooring.
2. A heavy book can be used as a block.
3. A towel or any flat weave blanket can be used in place of a yoga blanket.
4. A belt can be used in place of a strap.

Also, she does not mention natural or nontoxic products which some may like to know of:

1. A natural rubber yoga mat, or even TPE is a less toxic alternative to vinyl/PVC.
2. Cork blocks are my personal favorite. they are dense and stable but also comfortable to use. Wood is another option, but definitely harsher. If you want a more intense backbend, for example, that would be an option for you.

Finally, I do not agree that men need to do women's yoga. If they want to do Warriors, plank, seated meditations, etc., I think that is perfectly fine. They can get plenty of benefits of a balanced yoga practice like that.

Pros -

I really appreciate the broad range of things touched on.

The sequences are nice.

While the period sequence does not take away the pain of cramps, it can help alleviate it while I wait for my fennel to kick in. A tsp of fennel seeds are a great natural alternative to Midol. Also, a tsp each of ginger and saffron can help alleviate PMS stress and symptoms.

I really appreciate the pregnancy and back care sequences in particular. Back pain might not seem to be particularly female-centered, but I think it is certainly something beneficial to work on, especially if you don't naturally have good posture and have to work on that and be mindful of it.

I always appreciate it when yoga authors write when NOT to do a pose, because I certainly do not want to find that out later!

Nicole says

shows some poses but focus more on vinyasas for specific conditions. once someone is familiar with the moves and comfortable creating more tailored flows, this might have some good ideas.

Julie says

Good descriptions of what the individual Yoga Asanas (poses) do for different organs of the body and what they do for the mind. A good reference guide. I did the sequence designed to get rid of a headache one night and it worked! Might consider buying this to have as a reference, but it is too wordy to read from cover to cover.

Traca says

Great reference book for using yoga to help with many women's health issues. Easy to use, well organized, great pictures and descriptions of poses.

Jenifer Pruim says

good chapters on and sequences for prenatal yoga and women's restorative.

Georgiana says

This book gets a lot of good reviews for being a thorough reference book, but for a relative beginner like me who actually has to deal with a number of the health issues addressed, it's FAR too advanced. Headstand in nearly every sequence?!? Even if it does say 'don't do this unless it's part of your regular practice', it still seemed a bit much. And what's up with 'don't do inversions if you're menstruating'?? Last I heard, that was the yoga equivalent of an old wives tale. And if I read one more book telling me that I ought to celebrate my 'cycles', I swear I'm going to burn the damned thing. Fortunately I know that yoga doesn't have to be this way, from going to classes with good teachers and reading other books that are a lot more forgiving of those of us who just don't bend like that, but I worry about the impression this may leave on people who aren't so fortunate.
