



Stop Sciatic Pain: Information and Yoga Exercises to Heal Sciatic Pain

Joanne F Pineau

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An illustrated guide with information and yoga exercises that take the mystery out of sciatic pain and gives you an effective approach to healing the problem. Includes stretches for Piriformis Syndrome, for a sore back and relaxation poses. Tried and tested, this manual was developed by a Certified Yoga Therapist for her clients and purchased by Chiropractors, Registered Massage Therapists, Occupational Therapists, and Yoga Teachers. Large 8.5 x 11 format

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