

VOLUME 1

BEGINNERS

YOGA GUIDE

—
ALL YOU NEED TO KNOW
TO START YOGA

BY KATYA

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Puja Mehta



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covers virtually everything from health to money travel and more *Nebraskaland*, 2000 *Climbing*, 2005 *The New Yorker*, 2000 Yoga and the Wisdom of Menopause Suza Francina, 2003-04-20 Hormone Treatment Is Called Harmful Washington Post 7 10 02 Estrogen Use Linked to Higher Cancer Risk Boston Globe 7 17 02 31 2 million women facing menopause in America are concerned by these headlines Most women today will live over one third of their lives post menopausal but what about the age old solution of hormone replacement therapy In 2002 the U S government halted a major study of hormone therapy because it increased the risk of invasive breast cancer Now millions of women are left wondering whether they should approach menopause without hormones suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic Suza Francina has a simpler solution Yoga In this practical book Francina a leading yogi and author of *The New Yoga for People Over 50* shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience both physically and spiritually Included are easy to follow indexed photos of yoga poses that alleviate key menopausal problems including hormonal changes hot flashes irregular bleeding fibroids stress and anxiety mood swings depression and fatigue bone loss heart disease and cancer Francina delivers a timely and truly heartening message to women you don't have to get weaker or depressed when facing menopause it can truly be an empowering restorative time

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