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Expanding on the award-winning book,
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can be used as a companion volume, or as a stand-alone guide. The author is a Registered Yoga Teacher who specializes in adapting traditional poses for people with movement disorders.

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Renee Le Verrier (Author), Dr Lewis
Sudarsky MD (Foreword)

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including the breath. There are warm-up exercises, and relaxation imagery.

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Prof Raghav is a Senior Consultant
Neurologist and Movement Disorder
Specialist at Monash and Peninsula
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