CLAUDIA TURSKE

The special yoga positions act directly on the pituitary, thyroid, ovaries and advenal glands, increasing estradiol levels Includes techniques for energy retention, mudrar (hand positions) for relaxation and a calendar for charting progress



Hormone Balance through Yoga

A POCKET GUIDE FOR WOMEN OVER 40

Hormone Balance Through Yoga A Pocket Guide For Women Over 4

R Barnett

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