

Research-Based Perspectives on the Psychophysiology of Yoga

Part of the Advances in Medical Diagnosis, Treatment, and Care Book Series

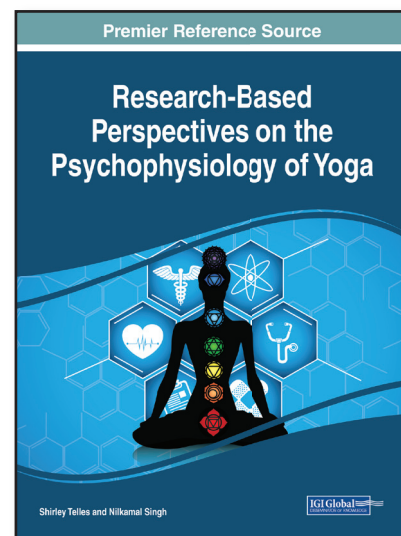
Shirley Telles (Patanjali Research Foundation, India) and Nilkamal Singh (Patanjali Research Foundation, India)

Description:

Yoga has evolved into a popular fitness practice across the globe. With the various schools of practice, it is imperative for practitioners to study both traditional texts and emerging scientific research in this area.

Research-Based Perspectives on the Psychophysiology of Yoga

is a unique reference source for the latest academic material on the physiological effects of yoga and cultivating a deeper understanding of yoga practice through the intersection of traditional texts and contemporary research. Including a range of topics such as occupational health, neurobiology, and women's health, this book is ideally designed for professionals, practitioners, students, educators, and academics interested in the effects, challenges, and benefits of yoga practice.



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Topics Covered:

- Breathing Regulation
- Heart Disease
- Neurobiology
- Obesity
- Occupational Health
- Women's Health
- Yoga Postures

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