



## Yoga for Nurses

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Yoga for Nurses provides the means for nurses to support and enhance our ability to care for ourselves. It gives nurses information and strategies to deal with the physical and mental imperatives found in our daily work life.

--**Jill Howie Esquivel, RN, PhD**

University of California, San Francisco (From the Foreword)

The first yoga instruction book directed specifically toward nurses....Dr. Kollak...has written a book that assists nurses in taking time to care for themselves. The content in this book could be easily incorporated into a nursing inservice program as a means to prevent on-the-job, stress-related injuries."

--**Cindy Ann Howell, RN, MS, CNOR, CMLSO**

University of Texas, MD Anderson Cancer Center

**Don't let mental stress, chronic pain, and fatigue disrupt your professional and personal life any longer.**

Dr. Ingrid Kollak's Yoga for Nurses offers a tested therapy, proven to alleviate physical and mental pain, stress, and fatigue. As a yoga expert and a registered nurse herself, Dr. Kollak can show you how yoga is able to prevent and cure common ailments such as chronic neck and back pain, headaches, sore eyes, and lack of sleep.

With this book, you'll learn how yoga works physically to reduce pain by stretching and strengthening muscles made tense from your normal, repetitive work routine. Kollak also shows you how yoga works on a mental level to provide an exceptional anti-stress program.

This book, written *by* a nurse *for* nurses, presents a series of yoga exercises and practices that will allow you to regain your strength, reduce your physical pain, revitalize your mind, and transform your entire work experience.

### Key Features:

- Author is both a yoga expert and registered nurse
- Includes large print photos, detailing how each exercise should be done
- Contains different levels of yoga exercises, from easy-to-learn to advanced
- Exercises can be used both at work and in the home
- A fun, rewarding read!

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#### Frances Williamson:

Have you spare time for a day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their spare time to take a walk, shopping, or went to the particular Mall. How about open as well as read a book allowed Yoga for Nurses? Maybe it is being best activity for you. You know beside you can spend your time along with your favorite's book, you can better than before. Do you agree with its opinion or you have different opinion?

#### Henry Perry:

This Yoga for Nurses book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this book incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This specific Yoga for Nurses without we recognize teach the one who reading it become critical in contemplating and analyzing. Don't be worry Yoga for Nurses can bring any time you are and not make your handbag space or bookshelves' turn out to be full because you can have it with your lovely laptop even telephone. This Yoga for Nurses having great arrangement in word as well as layout, so you will not sense uninterested in reading.

#### John Keaney:

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#### Audrey Spence:

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