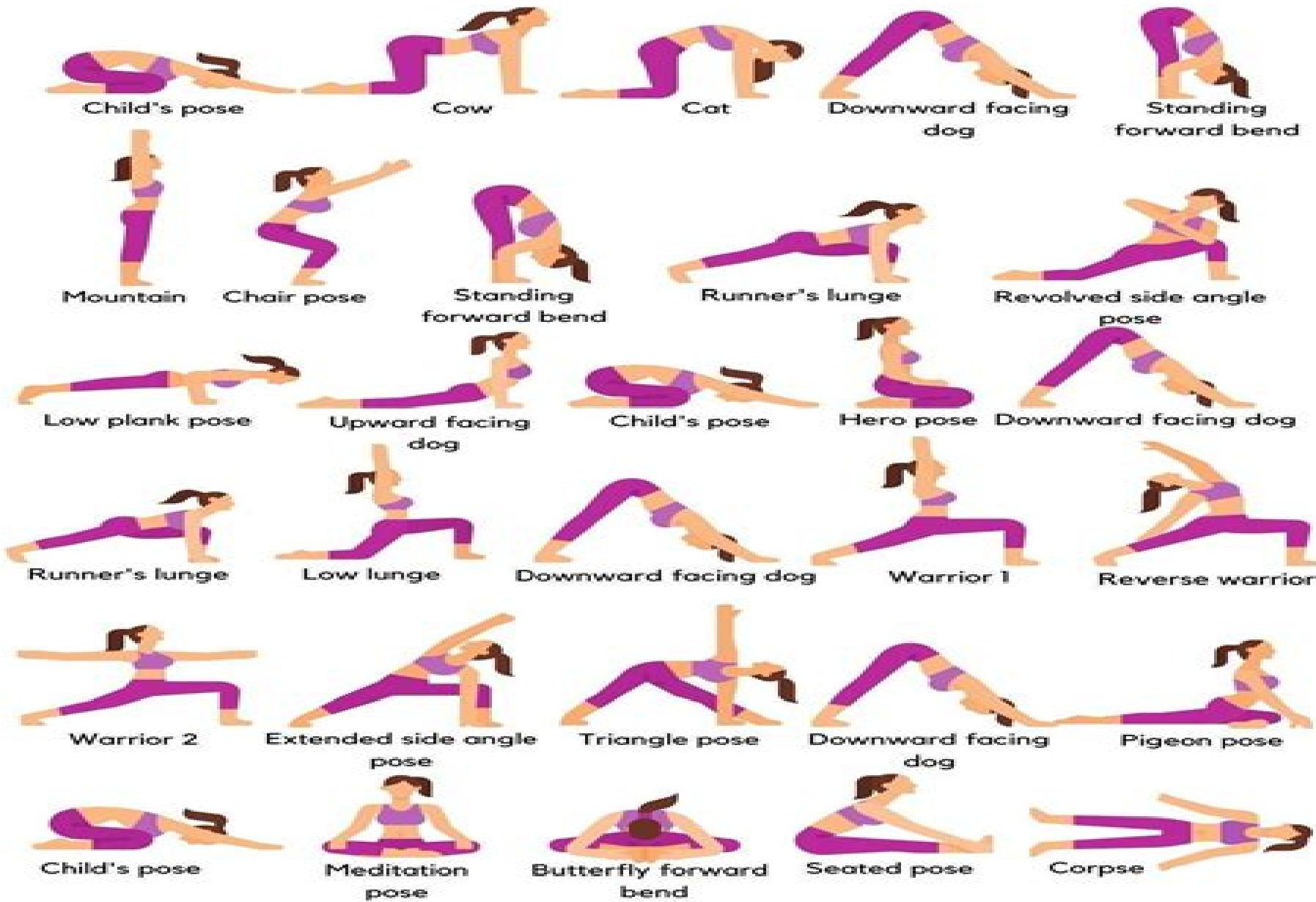


Good Morning Yoga Routine



Yoga For Beginners Morning Routine Usa

Indranill Basu-Ray,Darshan Mehta

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The Principles and Practice of Yoga in Cardiovascular Medicine Indranill Basu-Ray, Darshan Mehta, 2022-05-26

This is the world's first reference book covering the role of Yoga in Cardiovascular Diseases. It details epidemiology, physiology, pathology, prevention, and management of cardiovascular diseases based on the current scientific understanding of Yoga. Seventy-five experts from four continents including the most notable names contributed to this work to create the world's first comprehensive reference literature on Yoga in cardiovascular medicine. The chapters cover information related to Yoga both as prevention and therapy including coronary artery disease, heart failure, and arrhythmias. In addition, important cardiovascular topics like obesity and diabetes mellitus are also included. A special chapter covers the role of Yoga in the prevention of cardiovascular complications in COVID-19 patients.

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