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The Energy Medicine Yoga Prescription

Lauren Walker

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The Energy Medicine Yoga Prescription Lauren Walker

When you're dealing with a health issue, what kind of energy practice will help the most? "To bring ourselves back into wellness," teaches Lauren Walker, "we first have to understand what brought our body out of wellness. When we return to balance, the body is best able to heal itself." With *The Energy Medicine Yoga Prescription*, Walker presents an invaluable self-care resource for helping us uncover the root causes of our physical and psychological health complaints—along with easy-to-learn practices to accelerate our healing.

Lauren's increasingly popular Energy Medicine Yoga method is a potent synthesis of traditional energy medicine, yoga, and key principles from Ayurveda. In this follow-up to her breakout debut book, she delivers a solution-oriented manual for addressing hundreds of common ailments using practices that complement any existing health regimen. Join her to discover essential insights for well-being, techniques to activate your body's natural healing intelligence, and a powerful new vision for health and happiness.

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