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4 Heal Your Back Now DEDICATION This book, the video, and the CD are dedicated to Yogi Bhajan Ph.D., my teacher and the Master of Kundalini Yoga and my loving father, Chip.

Heal Your Back Now - Kundalini Yoga Classes on DVD and Video

Back pain is the number one reason people stay home from work, and the best way to help chronic back pain is with exercise. Yoga, with its gentle stretching and breathing, is one of the most effective ways to combat back pain, along with reducing stress and improving overall fitness.

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Brief introduction: Simple, quick yoga routines that stop back, shoulder, and neck pain for good! Back pain is the number one reason people stay home from work, and the best way to help chronic back pain is with exercise.

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Yoga Heals Your Back: 10-Minute Routines that End Back and Neck Pain by Rita Trieger Simple, quick yoga routines that stop back, shoulder, and neck pain for good! Back pain is the number one reason people stay home from work, and the best way to help chronic back pain is with exercise.

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