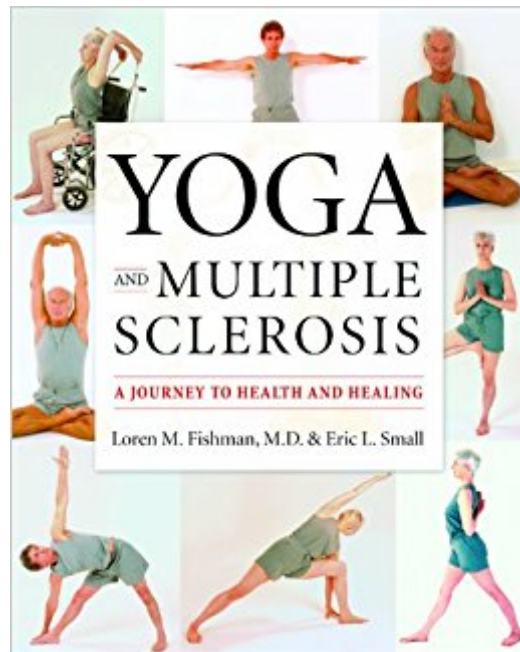




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# Yoga And Multiple Sclerosis: A Journey To Health And Healing



## Synopsis

Yoga for people with multiple sclerosis? Absolutely! Today, people with a wide range of medical problems use yoga successfully. Because of its emphasis on relaxation, breathing, and deliberate movement, it can be especially beneficial for individuals dealing with a neurologic disease like multiple sclerosis. *Yoga and Multiple Sclerosis*, coauthored by Dr. Loren Martin Fishman and Eric Small, a yoga teacher who first embraced these techniques as a way to manage his own symptoms of multiple sclerosis, is a comprehensive guide to applying the principles of yoga to the management of MS. The first section is a straightforward but gentle introduction to yoga - a therapeutic approach to the practice itself. The second part is functionally oriented. Different yoga poses that work toward a common goal, such as combating fatigue, reducing spasticity, and increasing range of motion, are included and illustrated. This user-friendly guide Describes how yoga works Includes photographs and descriptions of each pose Explains effects, advantages, and contraindications Contains starter poses that will help the uninitiated or physically challenged to gently achieve a posture *Yoga and Multiple Sclerosis: A Journey to Health and Healing* is an excellent guidebook and tool for people with MS, people who undertake yoga on their own, and for all members of the medical and yoga communities. "

## Book Information

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## Customer Reviews

"...A must-have book... It offers hope, inspiration, adaptive practices for all levels of mobility and ability, and reasons why yoga works for particular symptoms. For yoga teachers, this book offers

valuable practices and insights that teachers can use to make yoga accessible and appropriate for students who have multiple sclerosis and other health challenges. For the medical community, this book offers great visuals for adaptive yoga postures and explanations for how yoga works, from a peer with years of experience in the field of rehabilitation."--International Journal of Yoga Therapy"Encompasses every aspect of using yoga with MS, no matter where your disease has taken you... I recommend this book as a worthwhile purchase to use to increase our abilities to move throughout days better and take care of our bodies to make living with MS less stressful."--MS World"...An invaluable book that will serve the MS population and the people who work with them on their path to improved health... A useful refresher for those immersed in the field and an introduction and addition to hands-on training for those interested in the realm of therapeutic yoga."--LA Yoga Magazine"Ideal for the non-specialist general reader, Yoga and Multiple Sclerosis describes how yoga works. The text is enhanced with photographs and descriptions of each yoga pose... An important acquisition for personal and community libraries, Yoga and Multiple Sclerosis is especially recommended for those who are experiencing symptoms across the MS spectrum."--Midwest Book Review"For decades, yoga teachers all over the United States have acknowledged the work of Eric Small as the ultimate in helping them work with their own students with MS. No doubt they are now celebrating because Small and long-time yoga student and back expert Loren Fishman, MD, have produced the definitive book on the topic. Not only does this book offer insight into yoga practice and self-transformation for those living with MS, it also offers something even more important: hope. To say this book will become a classic is an understatement." --Judith Hanson Lasater, PhD, PT, yoga teacher since 1971, and author of six books on yoga (Judith "Lasater PhD, PT" "PhD, PT, yoga teacher since 1971, and author of six books on yoga" 20100503)

Loren Martin Fishman, MD, BPhil attended Rush Presbyterian St. Luke's Medical School and received his certification to teach yoga from the Iyengar Yoga Institute in Poona, India. He is Assistant Clinical Professor in Rehabilitation at Columbia College of Physicians and Surgeons and former President, New York Society of Physical Medicine and Rehabilitation, Treasurer, Manhattan Institute for Cancer Research (Philanthropy). Eric L. Small was born in Avalon, Catalina Island and completed his BA at UCLA and earned a Master of Fine Arts at Otis Institute. He holds a Junior Intermediate Level Three Certificate from the B.K.S. Iyengar Institute in Puna, India. Eric also conducts teacher training workshops in therapeutic yoga around the United States. With the support of the Southern California Chapter of the MS Society the Eric Small Yoga Program has, for the past five years, served hundreds of clients at 13 different sites and is part of the regular program offered

at the Marilyn Hilton Achievement Center for the Southern California Chapter of the MS Society, at UCLA. His work was recognized in 1999 with the Hope For MS Award and in 2001 by his induction into the National MS Society Volunteer Hall of Fame. He was the 2002 Dorothy Corwin Spirit of Life Award recipient for Outstanding Volunteer Service to MS patients, presented at the MS Dinner of Champions on September 17, 2002.

As an acupuncturist/bodyworker working with clients with early MS, I was hoping to find a resource that I could recommend to someone new to yoga. This book contains a lot of good material, but it assumes too much familiarity with yoga to be useful to the general MS sufferer who is looking for complimentary ways to work with the effects of their illness. The section on chair/wheelchair yoga is good, but anyone new to yoga would need a teacher to guide them into it. The book is not well organized; it actually seems like parts of 2 articles spliced together. The material about why/how yoga is helpful for someone with MS, which I expected at the opening of the book, is not mentioned until later on and then is not clearly presented. Actually, Loren Fishman's other book on "Yoga and Arthritis" is much more helpful to yoga teacher and potential practitioner - with arthritis or or any other structural issues or those hoping to avoid future problems.

As a longtime yoga practitioner who was diagnosed with MS several years ago, I heartily recommend this book and agree with Ms. Francina's comments, whose own books have been so important to my practice. This book is fully illustrated with photographs taken from a variety of angles, demonstrating optimal use of props. The tone of the book is as positive as it is realistic. A variety of modifications are given for each asana, so that people at most levels of mobility can access yoga's benefits. The authors' approach is intelligent, reasoned and multifaceted. I would also like to share a few observations and suggestions which I think might make future editions of this fine work even more useful. The book assumes full range of motion of the arms. Many people with MS experience brachial nerve pathology as part of their MS symptom complex and cannot raise their arms above the shoulders or extend them forward or backward without exacerbating nerve issues; so it would be great to see arm modifications for some of the poses. MS is often complicated by associated, though not necessarily causally related, issues such as osteoarthritis, disc degeneration and herniation, spinal stenosis, stiffly rounded posture, musculoskeletal overcompensation, etc., which bring their own problems. Some poses -- even generally safe modifications of classical asanas -- are contraindicated for people dealing with particular conditions, and it would be helpful to see a sentence or two with that sort of distinguishing information alongside each pose. To be sure,

the authors frequently and correctly urge the reader to work with a qualified yoga instructor, but in many locations one is hard-pressed to find experienced teachers trained in the use of therapeutic yoga. While each pose is well illustrated with photographs, it is sometimes difficult to know which photograph accompanies which text description; it would be very helpful for the photographs to be assigned figure numbers, so that they could be specifically referenced in the text. Lastly, I hope that in the future a section can be included that will describe how to actually structure and sequence a yoga practice, especially in light of the variability of MS symptoms. Eric Small's dedicated, compassionate service to his fellow beings, born out of personal experience, is well known, and he and Dr. Fishman have produced a long-anticipated and much-needed contribution to the field of therapeutic yoga. I am very grateful for their work.

I have MS and was hoping this book would help me to do the yoga moves I needed to help me stretch and make movements my of limbs easier. I found the book to be one where the authors were more interested in showing that they can hold there body up by just using their two hands. I think that anyone with balance issues, which most of us have, would fall off the chairs trying to do the yoga exercises shown in the pictures. This is a big disappointment.

For those suffering with MS you know that we are encouraged to MOVE everyday ....and to minimize stress in your life...that seems easier said than done .... Until this book ....it's an inspirational guide that will allow you the access to mental presence... And poses that are adapted to ALL levels of strength and flexibility ...You don't need to be able to twist around like a pretzel ...but IMHO my yoga practice...as limited as it might be gives me tremendous relief to the physical pain of spastic muscles ...and calms my mind to allow me to keep a positive spirit.....GET this book if you or a loved one has MS ....also great for any yoga teachers that would like to deepen their practice to learn how to teach those of us that need accommodations ....GREAT book

This is an invaluable resource for anyone suffering with Multiple Sclerosis or other forms of disability that can benefit from yoga. It provides multiple ways in which classic yoga poses can be achieved by the disabled with the use of props and adaptations. In this way the benefits of the poses can be attained by those who might otherwise be excluded by their disabilities. This would include seniors who have lost the flexibility they enjoyed in youth. I have been studying with Eric Small for going on 2 years now. His personal journey of decades with MS, his remarkable adjustment to life with this troubling condition, his work in bringing the benefits of Iyengar yoga to others, his years of teaching,

his dedication to the true principles of yoga and to the teachings of Mr Iyengar inform this book with a clarity and directness that make the instructions very specific and easy to follow as you progress step by step. Eric himself demonstrates many of the poses and their adaptations.

great book of exercises for ppl with ms

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