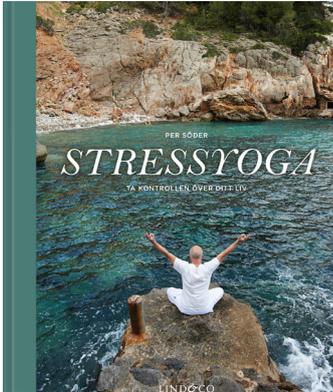


STRESS YOGA



Contents:

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- Yoga – the basics
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Stressyoga

Per Söder

190 x 235, 130 pp

The word 'stress' has its roots in the Latin stringere which means to pull or rip apart. The word 'yoga' has its roots in the Indo-European –yug– which means to bring together, put together. Yoga for stress relief teaches simple techniques so that you can handle stress and the various symptoms of stress.

If we are subject to stress for a long time, we will eventually feel as if our life is being ripped apart or is falling to pieces. The balance between demands and the ability to live up to these, has been lost, and we then feel all the time that we can't do what needs to be done. Stress, which in its acute form is part of the body's defence mechanisms, can in its chronic form be an enemy that will break us down. When I listen to my headache-clients, it is common to find that they experience stress as being the cause of their headache. This led to me wanting to do something earlier in the process. To stop the stress pattern before it leads to migraine or other severe stress symptoms, and that is what led me to the idea of a new book.

Stress yoga, just like the earlier book *Migrain yoga*, is meant to be a simple handbook which gives you the tools to handle your everyday stress. Yoga, in all its simplicity, has shown itself time after time to be able to counter all the negative effects of permanent stress. These are simple yoga exercises that anybody can do in their own home.



About the author:

Per Söder runs Yogamottagningen – his yoga centre – in Stockholm which deals with stress and stress-related symptoms. The last ten years he has been the managing director of a conference facility and he has a background as a secondary school teacher. He has been a yoga instructor since 2004 and he works primarily with medical yoga for people who suffer from severe headaches. His first book was called *Migraine Yoga*, and now he is publishing a volume called *Stress Yoga*.

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