

LIST OF RESOURCES PROVIDED TO CLIENT

The Science Behind Yoga

<https://www.youtube.com/watch?v=ClbR7odQklk>

Sushma NS, Shyamasundaran K, Prajeesh Nath EN, Puthiyedath R. Integrative approach combining Ayurveda, counseling, Yoga and meditation with conventional management of Ankylosing Spondylitis – A case report. J Ayurveda Integra Med. 2021 Nov 22;13(1):100497.

<https://pubmed.ncbi.nlm.nih.gov/34819262/>

Wieland LS, Skoetz N, Pilkington K, Vempati R, D'Adamo CR, Berman BM. Yoga Treatment of chronic nonspecific low back pain. Cochrane Database Syst Rev. 2017;1:CD010671.

<https://pubmed.ncbi.nlm.nih.gov/28076926/>