



# Yoga for Healthy Knees: What You Need to Know for Pain Prevention and Rehabilitation (Rodmell Press Yoga Shorts)

*Sandy Blaine*

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## **Yoga for Healthy Knees: What You Need to Know for Pain Prevention and Rehabilitation (Rodmell Press Yoga Shorts) Sandy Blaine**

Drawing on her expertise as a yoga teacher who has used yoga to recover from knee pain and to keep her knees healthy, Sandy Blaine presents a comprehensive yoga program to help you

understand common knee problems that cause pain and limit mobility

establish safety guidelines to help you get started

use props, such as blankets and towels, to support your body and your mind

practice poses for pain prevention and rehabilitation

move in your everyday life, whether you are an athlete or sedentary

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