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And Healing [Kindle Edition]**

**By Loren Martin Fishman;Eric Small;Loren Dr.  
Fishman**

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Jessica Howland, Kihei, Hawaii. Baxter Bell s reply: Jessica, your entry into hatha yoga with the Iyengar method was a fortuitous choice. The ability to adapt the

<http://www.yogajournal.com/article/practice-section/yoga-for-multiple-sclerosis/>

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Iyengar yoga can improve strength and flexibility through breathing exercises, alignment, and various postures. Asanas, a personalized sequence of yoga poses, can

<http://www.everydayhealth.com/multiple-sclerosis/how-yoga-helps-multiple-sclerosis.aspx>

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<http://www.yogajournal.com/slideshow/5-yoga-poses-for-people-with-multiple-sclerosis/>

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<http://www.elephantjournal.com/2014/02/yoga-for-multiple-sclerosis-melanie-snyder/>

MS ActiveSource is a place of knowledge, support, and community for those with Multiple Sclerosis. Learn all about MS, find new ideas for living well, get connected

<http://www.msactivesource.com/ms-yoga.xml>

Yoga can be beneficial to people with MS as long as they find the appropriate class, teacher or video. More and more MS experts note that yoga, with its emphasis on

<http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Exercise/Yoga>

1. PLoS One. 2014 Nov 12;9(11):e112414. doi: 10.1371/journal.pone.0112414. eCollection 2014. Yoga for multiple sclerosis: a systematic review and meta-analysis.

<http://www.ncbi.nlm.nih.gov/pubmed/25390344>

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[http://www.va.gov/MS/Veterans/complementary\\_and\\_alternative\\_medicine/Yoga\\_and\\_Multiple\\_Sclerosis.asp](http://www.va.gov/MS/Veterans/complementary_and_alternative_medicine/Yoga_and_Multiple_Sclerosis.asp)

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<http://www.oncaphill.com/natural-treatment-for-multiple-sclerosis/yoga-multiple-sclerosis-poses/>

Dahn Yoga exercises such as ankle rotations can improve flexibility and balance to provide people with multiple sclerosis better stability.

<http://www.bodynbrain.com/Yoga-life/2428/8/Dahn-Yoga-and-Multiple-Sclerosis-Exercises-for-Healing>

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