



# Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free

*Tara Stiles*

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**Do you have a headache? PMS? Cellulite? Shin splints? A broken heart? Or do you just need to chill the \*&@# out?**

There's a yoga cure for each of these things. In *Yoga Cures*, Tara Stiles—owner of Strala Yoga in Manhattan—offers an A-to-Z guide of the poses you can do to target specific problems in your body and get you feeling better right away. Using the fun, fresh approach to yoga she is known for, Stiles takes on more than 50 common ailments ranging from arthritis and fibromyalgia to jiggle thighs and hangovers. Through a simple sequence of poses for each, suitable for the beginner through the advanced practitioner, she provides smart remedies that will keep you healthy and happy.

## **Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free Details**

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# **From Reader Review Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free for online ebook**

## **Lanigan Vitaceae says**

Love the simple moves. Easy to make your own routine.

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## **Layla \* Praise the sun \* says**

Tara Stiles gives easy to follow Yoga routines with pictures and verbal descriptions for the following ailments in this book:

Aches and pains, acne, ADD/ADHD, allergies, anxiety, arthritis, bingeing, blurred vision, broken heart, bulging belly, chilling out, cold repair, couch-stination, cellulite, depression, diabetes, droopy shoulders, exhaustion, fear, fibromyalgia, foot cramps, flu, hangover, high blood pressure, hot flashes, jiggly thighs, killer car rides, lack of self-esteem, laziness, migraine, monkey mind, office body, office mind, obesity/overweight, party pooper, PMS and cramps, pregnancy discomfort, runners aches, saggy booty, saggy pecs, scattered mind, shin splints, sugar cravings, tension, thyroid imbalance, traveler's anxiety, tummy trouble, under eye bags and dark circles, vertigo, wrinkles, getting sleep.

Apart from those sequences, Stiles gives general advise on lifestyle, touches upon food habits and gives complete Yoga routines for mornings and evenings.

As for the cure thing, "cure" might be a strong word, but the daily exercise of the routines helped me a lot with a few things. As the most drastic example, for three years I had refused to go by car with anyone out of fear. After one to two month of daily Yoga routines, among others the traveler's anxiety one, I just did it, I went by car with people, and after a few rides I was even fine doing it.

All in all, I cannot seize to be amazed at how much even just a little daily Yoga routine can improve ones life, physically and mentally, and this book is one of the few books that I have always ready to read at home. And I cannot recommend it enough.

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## **Robin says**

I think my favorite parts of the book are the "retreats" that she has in the back that you can do at home.

My main concern with this book is the discrepancy between the descriptions of yoga poses and the pictures of Tara illustrating the poses. For example, her "standing pose" description clearly states that feet should be hips' width apart (and she goes on to say you should be able to fit two fists in between your feet) but in the picture demonstrating this pose, her feet are firmly pressed together.

The big problem with this is that if you're not too familiar with yoga or haven't had much in-class instruction,

you may think you need to look like her rather than do the pose in your body. My yoga teacher always stresses that the appearance of the pose is not as important as how it feels in your body. Obviously you need to try to use the correct technique when doing a pose, but if you are just trying to make it "look right" you might end up hurting yourself or stressing out the wrong parts of your body.

Also, she includes headstands in a number of poses, which seems crazy to me. Headstands are dangerous, especially when you haven't been given proper instruction. You can actually damage the blood vessels in your neck (giving yourself a stroke) if you put too much stress on your neck. It doesn't make much sense to put it in an otherwise casual book about yoga.

For that reason, I think this book should not be recommended for yoga beginners.

I also think that calling any of these poses or series of poses "cures" for anything is dishonest. While Tara points out that none of these cures are guaranteed to work, I think the whole premise of the book is a little shady.

Disclaimer: I won this in a goodreads giveaway.

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### **Jia Hui says**

Recently I picked up yoga and decided to borrow a book about it to learn more about it. This is the book I chose and it didn't disappoint. It wasn't informative like a medical book or something, more like it tells you what poses are good for PMS, what are good for blurry eyesight, and so on. There is also a snippet written by Tara Stiles herself and also some info about what yoga is basically about and how it works for you. If you've done yoga before, you would probably know that she is on youtube teaching yoga too! It's all very clear cut, which is what I really liked about it. There are a good lot of poses in the book and I can assure you that you will be satisfied with it! I would recommend the book more for yoga intermediates because the poses in it might be a lil bit difficult for the beginners but it is still great for beginners as well!

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### **Nicole Kapise-Perkins says**

I really enjoy this book. Tara Stiles' instructions are clearly worded with photos so even yoga newbies like me can figure out what (and how) we are supposed to be doing. Going to pick up a copy for myself, because I keep taking this one out of the library.

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### **Laura says**

Tara is amazing and she's also a great teacher. I've been amazed at what doing a gentle yoga practice almost every day has done for me. I thought yoga was only about flexibility. Wrong. I am stronger and firmer now than I've been in many years. I'm also more centered, and understand myself and my own needs and limitations better than I ever have.

In this book, Tara shares some straightforward yoga routines to deal with common problems such as anxiety, high blood pressure, insomnia, a scattered mind, PMS, tension, acne, arthritis, even sugar cravings and

wrinkles. She is amazing. Check her out on YouTube. I'm amazed by what her body can do.

I'm almost as surprised by what I am able to do now - things I just didn't think were possible for someone as inflexible as I've always been. I'm almost to the point that I can touch my palms to the floor from a standing position, not just a fingertip or two. I was about 8-10 inches from the floor when I started several months ago. I can touch my forehead to my outstretched leg now. It's pretty amazing. And so, so easy, unlike all of the other toning exercises I've tried in the past, which were a constant struggle and I dreaded doing them. Not the same with yoga. My body craves it. I feel it in my body and mind when I miss a day. It has made a huge difference in my life. I can't recommend it highly enough.

If you haven't exercised in awhile and want to start with a program that will give you confidence (because you'll actually be able to DO all of the poses), I suggest Peggy Cappy's DVD "Yoga for the Rest of Us". It allows you to start with a chair, if you need it for balance, or if you can't go all the way to the floor, as many people cannot when they begin a yoga practice.

Yoga will bring you back to yourself, effortlessly and naturally. You'll learn how to breathe properly and deeply, into the belly, not shallowly, the way most people breathe. I promise, a consistent yoga practice will transform you.

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### **Hannah Wilson says**

Love the breakdown of poses in this book. Even as someone who loves yoga already, this increased my appreciation for all that it can do!

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### **Jeanne says**

3.5 stars, I would give it 4, but the word "Cures" in the title is a little too strong for what yoga does. The book is calming just to read. It includes a brief history of yoga, medical studies of yoga as a treatment, personal stories of "real-life cures," and a wonderful Yoga pose library that is worth the price of the book. I believe, from personal experience, that yoga is more of a preventive than a cure. I have used yoga daily to strengthen my back and the side effects are a calmness that carries me through my day. Yoga is a great alternative to popping pills for routine aches and pains.

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### **Jenni Snider says**

Not sure that I've officially "FINISHED" with this book but I have read through all of it, just not in much of an order. It's one that I will refer to again and again in the future. I had the pleasure of taking a class with Tara earlier this spring. She is from a nearby town and good friends with the gym owner where I practice yoga. In fact my yoga instructor is trained in Tara's methods, so it's almost like I practice with Tara every week! Yoga has done amazing things to my body and this more gentle style of yoga is easy to do, yet still a great workout. This book presents many different movements and flows to help with a variety of illnesses. As I don't have any illnesses (right now) I've used it as a guide for my own practice at home. Just choosing different flows and combining different poses for myself. Highly recommend this book for anyone who loves yoga as much as I do.

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## Sarah says

I started practicing yoga on a regular basis at a studio about 6 years ago, but life took me in a different direction and my husband and I have moved around quite a bit since our first year of marriage. It was not easy or convenient for me to find a studio, especially when we lived in farm country in Wisconsin (not knocking- most beautiful place we have lived yet), so I started watching yoga videos. I stumbled upon Tara's iTunes podcasts and haven't looked back. I started using Tara Stiles' podcasts to help with a herniated disk I have, and then as my core strengthened, I began to do yoga more to lose weight and for flexibility. I lost almost 25 lbs doing her podcasts, and have started my day with a minimum of 20 minutes of yoga everyday for the last 4 years. So, when I was given the opportunity to review her new book, Yoga Cures, I was ecstatic, to say the least.

Yoga Cures has two parts. The first part has three chapters. It begins with a chapter on yoga, it's history, ect..., some of the basic poses, and important qualities and steps of yoga, complete with charts and awesome pictures. It then goes on to talk about the science behind yoga cures, and the ends with a chapter on breathing methods, and asks the reader to look at their lifestyle; decide what is healthy and what is not. Tara asks the reader to pick one thing- it can be a simple thing, and work on that first.

The rest of the book is dedicated to specific problems and yoga positions/routines which should, if done correctly, help alleviate that specific problem.

Here are the areas she covers, it is a long list and there is something in there for everyone:

Aches and pains

Acne

ADD/ADHD

Allergies

Anxiety

Arthritis

Bingeing

Blurred vision

Broken Heart

Bulging belly

Chilling out

Cold repair

Couch-stination

Cellulite

Depression

Diabetes

Droopy shoulders

Exhaustion

Fear

Fibromyalgia

Foot cramps

Flu

Hangover

High blood pressure  
Hot Flashes  
Jiggly thighs  
Killer car rides  
Lack of self-esteem  
Laziness  
Migraine  
Monkey mind  
Office body  
Office mind  
Obesity/overweight  
Party pooper  
PMS and cramps  
Pregnancy discomfort  
Runners Aches  
Saggy booty  
Saggy pecs  
Scattered mind  
Shin splints  
Sugar cravings  
Tension  
Thyroid imbalance  
Traveler's anxiety  
Tummy trouble  
Under eye bags and dark circles  
Vertigo  
Wrinkles  
Getting sleep

As I said before, there is something in there for everyone, for myself, there are a few things. I have been working my way through the areas I would like to work on, and so far, so good. I am super excited to be able to use the one for a long car ride, since my husband and I will be traveling a bunch in the next month or so and at least once a year take a drive from wherever we live, currently NOLA, back to Buffalo, NY, where we are from, to visit family. I get so stiff in the car and I actually hurt, I will do these simple poses when we stop for gas or food. I think it will help a ton!

Yoga Cures is very descriptive and has great pictures and verbal descriptions of the poses. This book is definitely visually appealing. There is also a "glossary" of the different yoga poses in the back of the book. This book makes yoga appealing to everyone. It shows that yoga is not just about meditation (though that is important and can be beneficial), and that yoga does not have to be a spiritual practice. Tara's book shows that there are proven health benefits for people who practice yoga on a regular basis. It explains that yoga can have a healthy effect on the human body and mind, all without cramming the "religion" aspect down your throat. Yoga Cures is not focused on the spirituality aspect, which can make people who are Christian feel that they cannot or should not practice yoga. This book presents yoga as a beneficial part of a healthy lifestyle, not as a religion, which, I feel, is very important.

I would recommend this book to everyone, from young adults through adults, male and female. Like I said before, there is something in this book for everyone and I can honestly say that the daily practice of yoga has changed my life. I am stronger and more flexible than I was in my 20's. Yoga has helped me avoid back

surgery and now, with the help of this book, I can really focus on particular areas or specific problems in my life. I owe so much to Tara Stiles, who I have never met, for making my physical and mental health better. I will continue using this book for a very long time. It will have a permanent place on my nook and my computer for easy access.

I received this book as an ARC. I do not get paid to review books; I do so in order to assist you in recognizing books that you might enjoy.

Please read more of my reviews on my blog: <http://sarahereads.wordpress.com/>

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### **Iroquois says**

Purchased as a kindle ebook and when read on my iPad it includes demo video of each pose so that's helpful.

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### **Sue R. says**

After having begun the practice of yoga classes 2X per week, and feeling less stressed and much healthier, I bought this book so I could learn more and do yoga on my own on additional days each week. These are my two favorite quotes by Tara Stiles, the author:

"Increased stress and anxiety can raise blood pressure, affect the immune system and over time can promote sickness and disease"

"Outside means of escape like alcohol, drug use, and even overeating are a means of pushing uncertainty away and covering it up temporarily. And they may feel comforting for the moment but I don't need to tell you that eventually they will cause more trouble than they ever solve."

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### **Dena says**

Obviously, the whole of the book won't apply to any one reader -- but if it does, get thee to a doctor! I can't practice for extended periods of time, so I found the relevant chapters really useful in helping me create shorter, but still-rewarding routines. Good book. I will definitely borrow it again.

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### **Original Doll (Lea Martinuš) says**

Awesome!



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**Carolyn Craven says**

Love this! It's one of the best go-to guides for day to day yoga flow needs.

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