



Yoga Heals Your Back: 10-Minute Routines that End Back and Neck Pain

By Rita Trieger

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Simple, quick yoga routines that stop back, shoulder, and neck pain for good! Back pain is the number one reason people stay home from work, and the best way to help chronic back pain is with exercise. Yoga, with its gentle stretching and breathing, is one of the most effective ways to combat back pain, along with reducing stress and improving overall fitness.

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Editorial Review

About the Author

Rita Trieger is the editor of *Fit* magazine and the newly launched *Fit Yoga*. She lives and practices yoga in New York City.

Users Review

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