



# Yoga Therapy for Overcoming Insomnia

*Peter Van Houten*

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## **Yoga Therapy for Overcoming Insomnia** Peter Van Houten

Insomnia is one of the most common health complaints in America. Routines and advice are simple, easy-to-understand, succinct, non-sectarian, and require no prior knowledge or practice of yoga. Four-color photographic illustrations throughout, presented in a beautiful gift-book format. Topics covered include types, causes, and treatments of insomnia how to create good sleep habits instructions for simple yoga postures and breathing exercises to lead you into sleep everything you wanted to know about sleep and a bibliography or more resources.

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