

What Has Dr. Shook Been Reading?

*Yoga for Wimps. Poses for the Flexibly Impaired.*

By Miriam Austin

Photography by Barry Kaplan

Yoga is a fun and challenging discipline that will help the body heal and remain physically fit. It soothes the mind, reduces stress and can have a balancing effect on the bodies circulation and hormonal systems. Yoga classes are offered in schools, community centers, gyms, privately and on video. Frequently when people think of Yoga they think of a barefooted someone who is flexible and serene. Standing, sitting or lying down, folded into a position, a posture or a pose.

Poses that make my back sore and my knees ache just to look at them. Ouch! And they're still breathing! How can they do that? I guess I'm a wimp. But wimps can take heart; Miriam Austin has adapted many of the classic yoga poses for those of us who find it unlikely we will ever get our foot behind our ear.

*Yoga for Wimps* recommends the use of a chair, two neckties a few blankets and a couple of books to bolster the body, support the joints and extend the reach of the flexibly impaired. The reader is encouraging to imitate the well-photographed illustrations. Ms Austin begins with warm up poses and continues with a series of 15 different "practice sessions" The Yoga Wimp is encouraged to move slowly, stay relaxed, and breathe.

My only real complaint with this guide to yoga is the section titled *Fix-Its*. This particular section offers "yoga tricks" for relieving common aches and pains. The poses, directions and advice are quite sound. But I was disturbed to find missing from these pages, the standard disclaimer to advise the reader that this is no substitute for medical care nor is there suggestion for when medical advice should be sought.

The Good Dr. Laura suggests that IF you have any difficulty with the positions and poses in this book that you seek the advise of your Chiropractor, Medical Doctor, personal trainer or human yoga instructor.

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