Spanda[®] Yoga for Back Care with Dr. Jaime Stover Schmitt Some References

Brennan, Richard. *The Alexander Technique Workbook*. Element, Rockport, MA. 1992.

Conable, Barbara, and William Conable. *How to Learn the Alexander Technique*. Andover, Portland, OR. 1995.

Coulter, H. David. *Anatomy of Hatha Yoga*. Body & Breath, Inc. Honesdale, PA. 2001.

Fishman, Loren, M.D., and Carol Ardman. *Cure Back Pain with Yoga*. Norton, NY 2005 and later possibly under new title.

Kapit, Wynn, and Lawrence M. Elson. *The Anatomy Coloring Book.* Benjamin Cummings, New York, NY 2002 and later.

Lasater, Judith. Relax and Renew. Rodmell, Berkeley, CA. 1995.

Netter, Frank H. M.D. Atlas of Human Anatomy. Ciby-Geigy, Summit, NJ 1989.

Rama, Swami. *The Art of Joyful Living*. Himalayan Institute, Honesdale, PA. 1989 and later.

Sarno, John E. *Healing Back Pain*. Warner Books, New York, NY. 1991 and later.

Schatz, Mary Pullig, M.D. Back Care Basics. Rodmell, Berkeley, CA. 1992.

Schmitt, Jaime Stover. Every Woman's Yoga. Prima/Random House, New York, NY. 2002.

Stone, Robert, and Judith Stone. Atlas of Skeletal Muscles. McGraw-Hill. New York, NY 2005.