Early to Rise Customer Support

On your yoga for pain relief ad, does it work for just muscular/joint pain, or does it also help if nerves are impinged somewhere?

Kerri -- ETR Customer Support - 2020-02-20 - Yoga

Yoga for Pain Relief targets muscular and joint pain using specific yoga sequences, reduces inflammation & joint pain through the Anti-Inflammatory Diet, and relieves emotional pain and stress by unifying the breath work with the poses. It is possible to find relief from impinged nerves by relaxing the muscles, learning to align the joints properly. However, every issue is unique, including yours and may require different methods of relief.