

Yoga Journal Presents Restorative Yoga For Life A Relaxing Way To De Stress Re Energize And Find Balance

Yoga GemsThe Yoga Sutras of PatañjaliBikram YogaYoga for Back PainInsight YogaYin Yoga for Every BodyLiving Your YogaYoga For Low Back and Hip HealthYoga for CancerRestore and RebalanceYoga Journal Presents Restorative Yoga for LifeReturn To LifeRestorative Yoga for Ethnic and Race-Based Stress and TraumaThe Complete Yoga BookMy Restorative Yoga JournalRestorative YogaYoga for Emotional BalanceHow to Do Restorative YogaRestorative YogaYin YogaYoga Journal Presents Restorative Yoga for LifeThe Complete Guide to Yoga InversionsYoga AdjustmentsYoga Journal Presents Restorative Yoga for LifeYoga for FibromyalgiaYoga and the Wisdom of MenopauseBoundless BlissRestorative YogaRestorative YogaThe Yoga DeckRelax and RenewYoga NotebookDeep ListeningYin YogaYoga CuresRestorative Yoga TherapyRestorative Yoga for Breast Cancer RecoveryMudras for Modern LifeRestorative Yoga for BeginnersEmotional Detox

Yoga Gems

Are you new to yoga and seek a calming introduction to the practice? Or an experienced practitioner who seeks a gentler style that will help heal your body while calming your soul? Unlike more strenuous forms of yoga, restorative yoga emphasises long, gentle stretches, with multiple props to aid and support the movements. It's the perfect style for those who seek calm and comfort or for those who are just beginning their yoga journey and desire a friendlier approach. Restorative Yoga is the perfect step-by-step guide for creating your personal restorative journey, with beautiful photography, 35 restorative poses, and 15 healing sequences for a variety of conditions including anxiety, insomnia, exhaustion, neck and shoulder pain, hip and back pain, and more. Also included is practical information on the benefits of restorative yoga, integrating props into your routines, performing basic starting and finishing poses, creating a peaceful space for your practice, breathing techniques, balancing your energy centers, and more.

The Yoga Sutras of Patañjali

Presenting ways in which Restorative Yoga can contribute to healing emotional wounds, this book invites yoga teachers, therapists and practitioners to consider the psychological impact of ethnic and race-based stress and trauma. It aids in the process of uncovering, examining, and healing one's own emotional wounds and offers insight into avoiding wounding or re-wounding others. The book describes how race-based traumatic stress differs from PTSD and why a more targeted approach to treatment is necessary, as well as what can trigger it. It also considers the implications of an increasingly racially and ethnically diverse and global yoga community, as well as the importance of creating conscious yoga communities of support and connection, where issues of race and ethnicity are discussed openly, non-defensively and constructively. By providing a therapeutic structure that assists those directly and indirectly impacted by ethnic and race-based stress and trauma, Restorative Yoga for Ethnic and Race-Based Stress and Trauma provides valuable tools for aiding in the processing of stressful experiences and in trauma recovery.

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Bikram Yoga

This new, definitive, fully illustrated guide to the ancient art of mudras provides a highly practical and inspirational overview of how to use subtle yogic hand gestures to revitalize every aspect of your life. In this new, beautifully presented guide to the ancient art of mudras ? an often overlooked Eastern practice that involves making established hand gestures to direct subtle energy to boost health and wellbeing ? readers will discover how to integrate more than 60 mudras into their daily life and/or yoga and meditation practice for increased vitality and inner peace. After introductory chapters laying the foundation of mudras, the six central chapters show why and how to do the mudras themselves. Each chapter is dedicated to a different part of the hand and its corresponding element ? fire (thumb), air (index finger), ether (middle finger), earth (ring finger), water (little finger) and mind (palm) ? focusing on each element?s holistic benefits, whether boosting inner strength, relieving stress, enhancing creativity or increasing concentration. In addition, each mudra entry is enhanced with an accompanying chant, meditation, pranayama, asana, visualization, or personal report about the mudra's benefits. The book then ends with a series of highly useful mudra routines for a range of health issues, both physical and emotional ? from anxiety and chronic fatigue to arthritis and headaches. There?s genuinely something for everyone in this beautiful new book on the health-enhancing art of mudras.

Yoga for Back Pain

Restorative Yoga For Breast Cancer Recovery - A restorative yoga therapy book for breast health, lymphedema management and breast cancer recovery. This book contains a wide variety of supported restorative yoga poses that use different yoga props. The breath is also introduced with each flowing pose so that the mind as well as the muscles "let go" and relax allowing for the healing to begin and then to grow. Yoga poses are done either in a relaxed, reclined, seated, twisting and standing position. Restorative Yoga For Breast Cancer Recovery is a great beginning to build a practice for strength and flexibility, as well as aiding in lymphedema management. This book outlines a variety of easy to learn restorative yoga poses which can emotionally and physically improve the recovery process from breast cancer surgeries, radiation and chemotherapy treatments. It is also invaluable in maintaining breast health, reducing cancer related fatigue (CRF), and managing lymphedema. If you or a loved one has been recently diagnosed, is in treatment or in recovery, this yoga is the perfect place to start. Discover how a consistent practice of Restorative Yoga can provide inner peace and healing for your mind, body and spirit.

Insight Yoga

Acclaimed yoga and meditation teacher Sarah Powers is known and loved for her unique approach—Insight Yoga—which combines traditional yoga with the meridians of Chinese medicine, as well as Buddhist meditation. Using Yin (passive) and Yang (dynamic) poses, she demonstrates a series of different yoga sequences that bring benefit to organs, muscles, joints, and tendons—as well as the mind. She also provides a foundational explanation of traditional Chinese medicine theory and mindfulness meditation instruction. Sarah Powers brings us on an inspiring journey inward, and shows the path for cultivating a lasting relationship with yoga that cultivates and strengthens our physical well-being and our mental and emotional clarity.

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Yin Yoga for Every Body

Hormone Treatment Is Called Harmful-Washington Post, 7/10/02 Estrogen Use Linked to Higher Cancer Risk-Boston Globe, 7/17/02 31.2 million women facing menopause in America are concerned by these headlines. Most women today will live over one-third of their lives post-menopausal, but what about the age-old solution of hormone replacement therapy? In 2002 the U.S. government halted a major study of hormone therapy because it increased the risk of invasive breast cancer. Now, millions of women are left wondering whether they should approach menopause without hormones, suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic. Suza Francina has a simpler solution: Yoga. In this practical book, Francina, a leading yogi and author of *The New Yoga for People Over 50*, shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience, both physically and spiritually. Included are easy-to-follow, indexed photos of yoga poses that alleviate key menopausal problems including: hormonal changes; hot flashes; irregular bleeding; fibroids; stress and anxiety, mood swings, depression and fatigue; bone loss; heart disease and cancer. Francina delivers a timely and truly heartening message to women: you don't have to get weaker or depressed when facing menopause, it can truly be an empowering, restorative time.

Living Your Yoga

Restorative yoga poses for healing your mind and body! Written by instructor Gail Boorstein Grossman, E-RYT 500, CYKT, and published in partnership with Yoga Journal , *Restorative Yoga for Life* teaches you how to practice restorative yoga--a form of yoga that focuses on physical and mental relaxation through poses aided by props. It's a gentle yet empowering style that helps you de-stress and re-energize. While restorative yoga is beneficial for your entire body, Gail also shows you how to treat more than twenty ailments, such as headaches, digestive issues, and anxiety, through specific yoga poses and sequences. Guided by step-by-step instructions and beautiful photographs, you will gently ease your way into inner calm and better health with powerful yoga sequences. Whether you're having trouble sleeping, suffering from backaches, or just want to unwind after a busy day, you will find balance throughout your body, soul, and mind with *Restorative Yoga for Life* .

Yoga For Low Back and Hip Health

Om Sanskrit Yoga Meditation Spiritual New Age inspirational Gifts - makes a great birthday Christmas Newyear Yoga Day Everyday Gift - Yoga Notebook Journal - yoga journal presents restorative yoga for life - yoga gifts for yoga instructor Yoga Lover

Yoga for Cancer

A practical book shows how to use yoga therapy to balance feelings of anxiety and depression, providing plenty of poses and breathing techniques, a questionnaire to help readers gauge their levels of anxiety and depression, a handy troubleshooting chapter and 35 photos. Original.

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Restore and Rebalance

Yin Yoga is a powerful way to open joints, increase flexibility, and quiet the mind. It is a very intimate style of yoga that works on our connective tissue and speaks to our bodies with a unique voice. A person may experience Yin poses differently based on their body type or level of flexibility. Learn how to adapt Yin style poses to fit different body shapes, sizes, and abilities. Discover how using basic yoga props allow different body types to settle into the long holds of Yin Yoga.

Yoga Journal Presents Restorative Yoga for Life

A full program for ridding back pain helps a person find the cause of the pain and then create a targeted yoga program for fixing the problem. Original.

Return To Life

How To Do Restorative Yoga: For Home or In A Class (2nd Edition) Restorative yoga is a simple, safe, effective, non-invasive form of yoga that anybody can practice. Suitable for beginners through to advanced yoga practitioners and yoga teachers. Restorative yoga provides us with a gentle practice to help us relax, regenerate and renew. It compliments any other forms of exercise we may be engaged in including any 'yang' forms of yoga. This book provides you with guidelines for a safe practice and details a number of poses and sequences to work with. There are photos and step by step instructions inside. After reading this book you will be able to: - Practice restorative yoga at home or teach it more effectively in a yoga class - Practice restorative yoga safely - Use props effectively to support the body for deeper relaxation - Increase the potential to treat and heal yourself - Incorporate meditation and mindfulness practices - Access a list of resources to deepen your practice When you practice Restorative Yoga you can effectively: - Reduce pain - Improve digestion - Calm the mind (and calm others down too) - Prepare the body for quality sleep - Feel more grounded and energized - and so much more If you want to learn more about restorative and gentle yoga, then this is the book for you!

Restorative Yoga for Ethnic and Race-Based Stress and Trauma

Restorative yoga teacher Judith Hanson Lasater offers a program of yoga poses to help rebalance your mind and body and counteract the effects of chronic stress. Restorative yoga offers the body a chance to rest deeply and revitalize. Whether you are feeling weak, fatigued, stressed from daily activities, or simply need to slow down and tune into your body, this wonderfully adaptive practice is essential for well being. Many of the practices are simple and accessible for people of all ages and in all states of health, using props that are readily available—like pillows and chairs. These deeply relaxing poses help you • rebalance your mind and body • create feelings of wellbeing, and counteract the effects of chronic stress • recover from injury or illness • lower blood pressure, and elevate and stabilize your mood Discover how just a few minutes a day of active, supported rest can improve your mood, your energy, and your sense of physical comfort and ease.

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The Complete Yoga Book

If you've found your way to Return to Life, it's probably because you've experienced some hard times in your life. Maybe you've lived through a breakup or an illness; the death of someone close to you; or a period of high stress, anxiety, or debilitating depression. Maybe you've experienced all of the above at once. If you've ever experienced this kind of brought-you-to-your-knees moment, this book is meant for you. Everyone has their own story to tell. Some are more traumatic than others, but the larger truth is that everyone has faced hardship. None of us is alone in this. But the darkest of times provide some of the best opportunities to learn, grow, and change our lives for the better. Pam Butler shares wisdom that can be applied universally, no matter the challenge. Each chapter contains a practical takeaway, forming part of a 'Bliss Toolbox': the practices that will help you not only survive difficult times, but use the experiences to bring greater purpose and fulfillment to your life. These include: • stop, drop, and breathe • mindful journaling • meditation • exercising your mind muscle • gratitude • yoga • serving others and • creating a daily practice Let Pam's inspirational story be the guide you need to live a more peaceful, purposeful, and happier life!

My Restorative Yoga Journal

Master the art of teaching and practicing Restorative Yoga and deep relaxation with this easy to follow and well written manual. A great recourse for yoga teacher training programs, seasoned teachers and students of yoga. Includes a chapter on postures for pregnancy from conception to after birth and sequences for a variety of conditions. Includes over 100 photos to help you to understand each posture and a set of simple yet profound assists to take your students into deeper relaxation. With decades of teaching yoga to every level of practitioner in the US, Central America, Europe and Asia, Sue Flamm delivers a clear, compassionate training manual to deepen your understanding of Restorative Yoga.

Restorative Yoga

The quintessential guide to yoga assisting and hands-on teaching, *Yoga Adjustments* introduces the art and practice of providing yoga assists to yoga students. Addressing one of the most important topics in the yoga field, expert yoga instructor and best-selling author Mark Stephens covers the philosophy of yoga practice, the sensibilities of touch in teaching yoga and improving alignment, the seven principles of hands-on yoga teaching, and the twenty-five most effective methods of tactile cueing. An invaluable resource for all yoga teachers, teacher trainers, and serious yoga students, this book includes a foreword by yoga star Shiva Rea as well as over 850 unique instructional photos and explanatory captions demonstrating precise ways of guiding a variety of flowing sequences. Opening with an in-depth discussion of the philosophy of yoga assisting, Part I--Foundations describes the methods and techniques of giving yoga assistance, with detailed discussions of all of the elements of yoga assisting including communicating with students, qualities of touch, the five basic steps of providing hands-on cues, hands-on positioning and stance. Part II--Applications demonstrates how to assist students in each of over 100 postures in the seven families of asanas (poses). Each chapter begins with background on an asana family and close consideration of its foundation asana. Each asana is presented in a two-page spread with photos that show how to give students effective guidance and support. Part III--Evolution offers thoughts on the further development of yoga in the twenty-first century. From the Trade Paperback edition.

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Yoga for Emotional Balance

Bikram, the "hot yoga" program, has been heating up the yoga world lately, and its founder probably has something to do with it: The outspoken, dramatic, and always controversial Bikram Choudhury has garnered a lot of attention with his version of hatha yoga that some yogis think unorthodox: In his classes, students are stuck in a room heated to at least 105 degrees doing a structured program of 26 asanas with a sergeant-like instructor—and they love it. Bikram Yoga will emulate that same energy. With his take-no-prisoners philosophy, Bikram describes how the program can reap great medical, physical, and spiritual benefits—the poses work out every part of the body, all of which can help alleviate many common ailments, from asthma to back pain. (Photographs will accompany each pose.) In addition, the book offers the best ways to incorporate eastern philosophy into a western lifestyle and tips on how yoga can cultivate "a union between body and spirit." Simply put, you don't have to meditate passively to reap the benefits of yoga.

How to Do Restorative Yoga

Restorative yoga poses for healing your mind and body! Written by instructor Gail Boorstein Grossman, E-RYT 500, CYKT, and published in partnership with Yoga Journal, Restorative Yoga for Life teaches you how to practice restorative yoga--a form of yoga that focuses on physical and mental relaxation through poses aided by props. It's a gentle yet empowering style that helps you de-stress and re-energize. While restorative yoga is beneficial for your entire body, Gail also shows you how to treat more than twenty ailments, such as headaches, digestive issues, and anxiety, through specific yoga poses and sequences. Guided by step-by-step instructions and beautiful photographs, you will gently ease your way into inner calm and better health with powerful yoga sequences. Whether you're having trouble sleeping, suffering from backaches, or just want to unwind after a busy day, you will find balance throughout your body, soul, and mind with Restorative Yoga for Life.

Restorative Yoga

World-renowned restorative yoga teacher Jillian Pransky came to the practice of yoga to heal herself. For much of her life, she subscribed to a relentless work hard/play hard mentality, burying parts of herself beneath the pursuit of busy-ness and accomplishment. It wasn't until a devastating personal loss and health crisis thrust her into suffocating anxiety that she stopped racing around. As she began to pause and examine her actions and emotions, she found herself able to unlock deeply seated tension in her mind and body. Since then, Pransky has been devoted to studying and teaching mindfulness practices, deep relaxation, and compassionate listening. In Deep Listening, Pransky presents her signature Calm Body, Clear Mind, Open Heart program—a 10-step journey of self-exploration that she's taught around the world. Derived from the techniques that healed her, the practice of Deep Listening invites you to pay close attention to your body, mind, and heart. You're taught how to tune inward and relax into a state of openness, ease, and clarity. This is the new frontier in integrative wellness—mindfulness designed for healing. Pransky doesn't ask you to "be your best self," or "do more!" She asks you to "be here" and "do less." She guides you gently through the stages of Deep Listening, from being present and noticing your tension to welcoming what you discover with softness and compassion. She integrates tools like guided meditations, journaling prompts, and restorative yoga poses to help you regard yourself with kindness and curiosity. Immersing yourself in the practice of Deep Listening will allow you to nurture your own well-being.

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Yin Yoga

Deepen your practice and find balance--Yin Yoga comes home Expand your yoga journey with a guide to essential yin yoga poses to practice at home, whether you're a beginner or an experienced yogi. Yin yoga is a style of hatha yoga informed by Chinese Daoist practices, with a focus on the meridians and proper alignment. The poses are passively held for 1 to 5 minutes to help strengthen joints, ligaments, and fascial tissues. This user-friendly reference offers just enough philosophy to get you straight to the practice. Artwork and detailed instructions explain how to perform 25 different yin yoga poses and how to string them together into 30 different sequences. The practices are designed to last 10 to 45 minutes, so you can choose how much time you want to spend on the mat. Yin Yoga offers: Reduced stress and anxiety--Yin yoga activates the body's rest and digest response, which lowers your heart rate, increases circulation, and stabilizes breathing for better relaxation. Perennial poses--Seasonal sequences let you tailor your yoga practice to the time of year. Mind and body--The long holds and contemplative nature of yin yoga are also great training for a meditation practice. Unlock the power of yin yoga with a customizable practice you can do anywhere.

Yoga Journal Presents Restorative Yoga for Life

Relax, relieve, restore--a beginner's path to healing with restorative yoga Recovering from an injury, an illness, or just interested in a natural way to relax? Restorative yoga focuses on simple poses in supported positions, encouraging deep relaxation so your mind can enter a peaceful, meditative state. Dive in with an introduction to the spiritual origins and rejuvenating benefits of restorative yoga. Find the right position to reduce lower back pain, relieve stress, breathe easier, improve your energy, and even prepare your body for childbirth--all with illustrated instructions to get you into and out of each pose safely and comfortably. Restorative Yoga for Beginners includes: Take it easy--Make restorative yoga a lasting practice with simple suggestions on what to wear and what props you'll need. Strike a pose--Ease into 36 essential restorative yoga poses, including labels with the therapeutic benefits of each--and extend your practice for deeper healing with 20 sequences. Breath of fresh air--Refresh your vital energy (prana) with breathing exercises and meditations designed to improve your digestion, heart rate, and more. Restorative Yoga for Beginners offers the guidance to begin your yoga practice and bring harmony to your quality of life--one gentle stretch at a time.

The Complete Guide to Yoga Inversions

Restorative Yoga is the practice of finding your way to rest and relaxation. It is a powerful toll to restore health and well-being and is available to everyone. This book offers several practices designed to bring comfort when stress, injured or in need of nurturing. Each time you practice, it is a unique experience.

Yoga Adjustments

Whether you have five minutes or an hour, taking time out each day to relax and renew is essential to living well. This book presents nurturing physical postures and breathing techniques called restorative yoga. When practiced regularly, they will help you to: • Heal the effects of chronic stress • Recover

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from illness or injury • Balance energy and quiet the mind With clear instructions and photographs, Relax and Renew gently guides the experienced practitioner and enthusiastic beginner—regardless of age, flexibility, or strength—in techniques that will ease your way through this hectic world. The first book devoted exclusively to restorative yoga, Relax and Renew offers:

- A general restorative sequence
- Programs for back pain, headaches, insomnia, jet lag, and breathing problems
- A special section for women during menstruation, pregnancy, and menopause
- Routines for when time is limited, including one for the office
- Practical suggestions that help you prevent stress and live more fully in the present moment

Yoga Journal Presents Restorative Yoga for Life

Ideal gift for the yoga fan in your life - 6x9 119 lined page journal - unique specialist personalised gift!

Yoga for Fibromyalgia

Restorative yoga is a gentle but powerful practice that is desperately needed in today's crazy-busy culture. It is rapidly gaining in popularity around the world because of its ability to relieve stress, heal the body, and promote overall well-being. Here world-renowned yoga instructor Ulrica Norberg shows the simple poses that will help you release anxiety, promote digestion, relieve headaches, recover from injuries, and more. Bolster pillows, yoga blocks, and blankets are an important part of restorative yoga. Norberg shows how to get the most out of your practice by utilizing these simple, easy-to-find props. Yogis will discover the power of letting go in both body and mind, opening themselves to greater possibilities in their yoga practices and in life. Accompanied by gorgeous full-color images that are as inspiring as they are useful, this book will change your yoga practice forever.

Yoga and the Wisdom of Menopause

An encyclopedia of yoga practice and practical yoga as well as of the philosophy and background of yoga.

Boundless Bliss

Turn your yoga routine on its head! Designed to take you from a beginner to an advanced yoga student, this helpful guide will help you to progress from downward dog to even the more intricate of handstand poses. Improve focus and ability as you tone your upper body and core. The Complete Guide to Yoga Inversions is the ultimate collection of the most common arm balance poses and yoga inversions that are found in a variety of styles of yoga including ashtanga, bikram, power, hatha and more. Challenge yourself with XX arm balances and yoga poses with detailed step-by-step instructions from fitness and yoga instructor Jennifer DeCurtins. Each pose includes a helpful photo along with modifications and progressions. Learn to do pivotal, foundational poses such headstand, handstand and crow. The Complete Guide to Yoga Inversions is the perfect guide to improve your ability.

Restorative Yoga

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A landmark new translation and edition Written almost two millennia ago, Patañjali's work focuses on how to attain the direct experience and realization of the purusa: the innermost individual self, or soul. As the classical treatise on the Hindu understanding of mind and consciousness and on the technique of meditation, it has exerted immense influence over the religious practices of Hinduism in India and, more recently, in the West. Edwin F. Bryant's translation is clear, direct, and exact. Each sutra is presented as Sanskrit text, transliteration, and precise English translation, and is followed by Bryant's authoritative commentary, which is grounded in the classical understanding of yoga and conveys the meaning and depth of the sutras in a user-friendly manner for a Western readership without compromising scholarly rigor or traditional authenticity. In addition, Bryant presents insights drawn from the primary traditional commentaries on the sutras written over the last millennium and a half.

Restorative Yoga

An instructional manual for those wishing to learn how to utilize restorative yoga. Includes images of the poses, descriptions, how it impacts the anatomy of the human body, sample sequences and much more.

The Yoga Deck

Foster Tranquility to Restore and Invigorate Body and Mind Leeann Carey's approach to yoga, the Yapanan Way, provides a unique and insightful refuge from the imbalances of our frenzied lifestyle. In this book, she introduces a prop-supported practice that will help deepen and extend the benefits of yoga. This restorative practice meets you where you are, using props to extend the time you remain in a posture and encouraging self-inquiry, reflection, and relaxation. The use of props allows everyone to receive the benefits of these poses, regardless of physical ability or injury. Restorative Yoga Therapy includes over one hundred photos and clear instructions for seated and supine forward bends, back bends, twists, and inversions, as well as breath work and final relaxation poses. Carey also provides helpful hints and suggested poses to relieve common complaints, including stress, lower back pain, stiff shoulders, PMS and menopause discomfort, and overexertion. Carey suggests that those who consider yoga simply an exercise regimen miss out on the transformative powers of a complete practice. When we pause to transcend competition with the self and others, we embrace the true essence and wisdom of yoga — the development of presence and self-acceptance throughout all aspects of life.

Relax and Renew

With 210 pages and over 300 photos, Yoga For Low Back and Hip Health is a step-by-step, visual guide of proven and easy to follow gentle yoga instruction. Relieve pain in the back and hips without drugs or surgery! "Low back and neck pain is an increasingly widespread and expensive condition worldwide, costing the US alone \$88bn a year-the third highest bill for any health condition-despite evidence most treatments do not work." - The Guardian So many people that carry the burden of life on their shoulders-literally. Add to that how much time we spend sitting at computers and the poor posture developed from prolonged smartphone use, and it's no wonder everyone's in pain! Written by private yoga instructor Cyndi Roberts, Yoga For Low Back and Hip Health teaches you how to safely practice restorative and gentle yoga poses at home to relieve pain in the following areas: Upper back Mid back

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Low back Sciatic nerve Piriformis syndrome Hips Inner thigh/groin Pelvis Yoga For Low Back and Hip Health provides in-depth and appropriate instruction for 43 restorative and gentle yoga poses specifically and thoughtfully put together. 15 practical and unique sequences are included for you to practice at home at your convenience, including over 300 high-resolution images to help you along. Cyndi provides the option of working with mantras and deep breathing exercises paired specifically to each pose for the most benefit. *As a bonus, readers will receive information about each of the 7 chakra energies and how specific poses help to awaken these often blocked or unbalanced energy spaces. Even if you don't suffer from back or hip pain, these poses and sequences help gently and effectively stretch the back body and hips to: Increase flexibility Realign the pelvis Strengthen weak muscles Provide relief from common aches and pains Maintain or improve the health of the joints Maintain or improve range of motion and circulation Increase energy levels Elevate mood and relieve sadness and depression Reduce anxiety Lower stress levels Release negative or stagnant energy and emotions Clear and balance chakra energies Millions of students around the world have benefited from the ancient practices of yoga, pranayama and relaxation. Now you can too!

Yoga Notebook

Here is an inspirational and accessible introduction to the deep inner wisdom of yoga gathered from sources both ancient and modern by one of America's most respected yoga scholars. YOGA GEMS For the millions of Americans who now practice yoga regularly, here is the perfect introduction to the rich philosophical and spiritual tradition behind the exercises. George Feuerstein has drawn short, memorable quotations from the key texts of this five-thousand-year-old legacy, with an emphasis on the wisdom of modern yoga masters. The quotations have been selected and arranged to address the needs of yoga practitioners in the twenty-first century. Among the many themes touched on in this treasure of a book: the process of inner growth; the value of silence; how to meditate; how to infuse everyday life with joy; universal kinship; overcoming suffering; dealing with grief, loss, anger, and jealousy; remembering and cultivating one's true inner self; developing self-discipline; and bringing out the good in all you say and do. For both new and experienced yoga students alike, Yoga Gems is the perfect travel companion on the road to inner peace.

Deep Listening

Do you have a headache? PMS? Cellulite? Shin splints? A broken heart? Or do you just need to chill the *&#@# out? There's a yoga cure for each of these things. In Yoga Cures, Tara Stiles—owner of Strala Yoga in Manhattan—offers an A-to-Z guide of the poses you can do to target specific problems in your body and get you feeling better right away. Using the fun, fresh approach to yoga she is known for, Stiles takes on more than 50 common ailments ranging from arthritis and fibromyalgia to jiggly thighs and hangovers. Through a simple sequence of poses for each, suitable for the beginner through the advanced practitioner, she provides smart remedies that will keep you healthy and happy. From the Trade Paperback edition.

Yin Yoga

A remedy to the stress of everyday life. 54 meditative poses and 20 targeted sequences help you attain a greater sense of mindfulness and physical well-

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being. In today's fast-paced world, it's easy to lose the balance in our lives and the connection with our bodies. Yin Yoga offers a remedy to the stress and hustle of everyday life. Based on Taoist philosophies, the slower yin-style yoga balances the more well-known and quicker yang-style yoga. Yin yoga concentrates on holding and breathing through floor-based poses, targeting your fascia and connective tissues and allowing you the time and space to clear your mind and stretch your body. The perfect complement to an active yang lifestyle and great for bringing you back into balance.

Yoga Cures

If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of *Living Your Yoga*, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs. Using the time-honored wisdom of the *Yoga Sutra* and the *Bhagavad Gita* to steer the course, she serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you. Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

Restorative Yoga Therapy

Presents a series of yoga exercises designed to increase relaxation, reduce stress, and target specific physical and mental ailments.

Restorative Yoga for Breast Cancer Recovery

Using yoga to manage the challenges of cancer and its treatment • Explains how to create a safe home yoga practice that addresses the specific physical needs, risks, and emotions of cancer patients and survivors • Includes 53 yoga poses and 9 practice sequences that use movement and breathing to reduce and manage treatment side effects • Reveals how current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence • Written by a cancer survivor and certified yoga teacher For those faced with a cancer diagnosis and the journey of doctor-led surgery and treatments, yoga offers a way to regain control of your body and take an active part in your recovery and long-term health. In this easy-to-follow illustrated guide, yoga teacher and cancer survivor Tari Prinster presents 53 traditional yoga poses that are adapted for all levels of ability and cancer challenges. She then applies the movements and breathwork of these poses to address 10 common side effects and offers 9 practice sequences for varying stages of treatment and recovery. Sharing her own story as well as those of cancer survivors and yoga teachers with whom she has worked, Prinster explores how yoga can be used to strengthen the immune system, rebuild bone density, avoid and manage lymphedema, decrease anxiety, detoxify the body, reduce pain, and help the body repair damage caused by the cancer and conventional treatments. She reveals the research that supports the physical and psychological benefits of yoga as an aid to recovery and in reducing the risk of recurrence. Explaining how yoga must be tailored to each survivor, Prinster gives you the tools to create a safe home yoga practice, one that addresses your abilities, energy level, and overall health goals. Through personal stories, well-illustrated

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poses, and sample practices for beginners as well as experienced yoga practitioners, Prinster empowers survivors to create their own wellness plan in order to regain their independence and their physical and emotional well-being.

Mudras for Modern Life

Fibromyalgia is characterized by widespread pain in muscles, ligaments, and tendons, as well as fatigue and multiple tender points (places on the body where slight pressure causes pain). Although mainstream medicine has yet to devise a successful plan for treating fibromyalgia, yoga offers sensible strategies for managing—and sometimes overcoming—the pain. Written by a yoga teacher and suitable for both yoga novices and veterans, this book is grounded in simple movements, breathing techniques, and guided visualization and relaxation sessions. Readers learn to reduce stress and manage fibromyalgia through eight sequences: four for pain relief, one to diminish fatigue and improve sleep, and three for maintaining body awareness and general flexibility. The author's simple, supportive language and mixture of theory, practice, and the latest scientific data offer hope for one of today's most challenging health conditions.

Restorative Yoga for Beginners

Now beginners, experts, and teachers alike can make rejuvenating meditations part of daily life with this beautifully illustrated deck of fifty yoga poses and meditations. Each easy-to-use card gives detailed instructions, benefits, and an affirmation. If you're short on time, you can pick just a single card, or for a more guided experience, follow one of the sequences provided. Create an exercise routine that focuses on your specific needs. In the park or at the office, these portable cards are perfect for stress relief, promoting strength and energy, and relaxation--anytime, anywhere.

Emotional Detox

Flush out negativity and clear a path for new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle's emotional detox program, C.L.E.A.N.S.E—as featured on YogaJournal.com. When we think of a detox, we usually think of a physical experience. But it's not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it's our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it's time for an Emotional Detox, a mindful and systematic guide to freedom from these troublesome feelings. Wellness expert Sherianna Boyle has created the revolutionary the 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to Clear your pathways, Look inward, Emit positivity, Activate, Nourish, Surrender, and Ease your way into your best self and a happier and healthier life. Emotional Detox “will wake you up, turn your views upside down, while providing you with life changing tools and insight” (Elizabeth Hamilton-Guarino, CEO of Best Ever You Network and author of Percolate).

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