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Starts Here

Includes 4mm yoga mat,
20" strap, 10mm yoga brick
and digital workouts

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Yoga For Beginners Stem Kits Update

Rachel Sandford



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Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004 Yoga Practice Essentials Alexa Lane,2020-09-28 Yoga Practice Essentials is perfect for all levels Beginning students will learn the necessary tools needed to start a yoga practice For advanced students or those interested in teaching the book is a helpful resource that will provide a strong foundation in the science of yoga Yoga Practice Essentials with over 300 pages brings to light the beauty of ancient yogic wisdom grounded in modern science With an array of practices the book offers many paths to enter yoga and opportunities to experience the grace and peace of the practice Yoga Practices Essentials includes Over 75 functional yoga postures beautifully photographed with detailed directions benefits and anatomical descriptions The Kindle edition is in full color while the paperback edition is presented in black white Functional anatomy and physiology Exercises to decrease stress and anxiety Breathing exercises Yoga practices to increase your fitness level Meditation and mindfulness Bandhas and mudras Energetic healing and chakras Injury rehabilitation Yoga philosophy Yoga class sequencing and sample class Plant based nutrition Yoga Practice Essentials covers many of the topics taught in Yoga Teacher Training programs The chapter on anatomy and physiology offers a functional overview of the muscular skeletal respiratory cardiovascular digestive and nervous systems and explores how to increase the health of these systems with yoga practice Additionally the section on nutrition and whole food plant based diet explains how to incorporate healthful plant based meals that increase your

immunity into your lifestyle I have also included access to free downloadable audio recordings of two guided meditations and a yoga practice class Author Alexa Lane is a Health Coach and Yoga and Meditation educator with an extensive background in dance exercise science and mind and body healing techniques *Yoga as Medicine* Yoga Journal, Timothy McCall, 2007-07-31 The definitive book of yoga therapy this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine who is both a practicing yogi and a Western trained physician Beginning with an overview of the history and science of yoga Dr McCall describes the many different techniques in the yoga tool kit explains what yoga does and who can benefit from it virtually everyone and provides lavishly illustrated and minutely detailed instructions on starting a yoga practice geared to your fitness level and your health status *Yoga as Medicine* offers a wealth of practical information including how to Utilize yogic tools including postures breathing techniques and meditation for both prevention and healing of illness Master the art of becoming more in tune with your body Communicate more effectively with your doctor Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive sometimes dangerous medications Practice safely Find an instructor and a style of yoga that are right for you With twenty chapters devoted to the work of individual master teachers including such well known figures as Patricia Walden John Friend and Rodney Yee *Yoga as Medicine* shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions ranging from arthritis to chronic fatigue depression heart disease HIV AIDS infertility insomnia multiple sclerosis and obesity Defining yoga as a systematic technology to improve the body understand the mind and free the spirit Dr McCall shows the way to a path that can truly alter your life An indispensable guide for the millions who now practice yoga or would like to begin as well as for yoga teachers body workers doctors nurses and other health professionals

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