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[Video Source Book](#) ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile

how to instruction

[Somatic Practice in Yoga Therapy](#) Jaime Stover Schmitt,2023-10-19 One value of yoga therapy is its ability to bring us to our senses figuratively and literally Inner body sensing and the knowing it evokes is a large part of how we become aware of what we need to attend to and work on in our growth as individuals In Spanda R Yoga Movement Therapy the method from which this work arises embodiment practices are as vital to the process of self understanding as they are to understanding anatomy anatomical concepts and physiological processes This book shares a host of somatic practices that can readily be used in teaching therapy yoga practice and other avenues of personal exploration at the physical energetic mental emotional and spiritual levels A wealth of illustrated step by step directions are given for somatic practice at each koshic level The practices shared have been in use in clinical yoga therapy in workshops and in classes for the past thirty years They ve resulted in greater knowledge insight and awareness of the body and the wisdom it can reveal

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