

The Joy Of Partner Yoga

Thousands of people take time out of their busy schedules every day to attend yoga classes where they learn postures and breathing techniques that make them feel more energized and balanced. Thousands of other people, however, have yet to find the time in their days to do anything but work, study, or chase after their children. In The Joy of Yoga, author and expert Emma Silverman teaches readers how to take advantage of the health benefits yoga offers even when they can't make it to regularly scheduled classes. The Joy of Yoga offers short sequences that readers can perform while seated on airplanes, standing at the bus stop, or even while waiting for water to boil. In addition, it also includes sequences to help with daily aches, pains, and annoyances, such as tired feet, sensitive wrists, neck and shoulder tension, anxiety, and even heartbreak. Weekend gardeners, runners, musicians, and waiters/waitresses will also find exercises that will help ease the tension in their muscles after long hours of work or play. The Joy of Yoga also provides step-by-step instructions and photographs on asana (postures) and pranayama (breathing techniques) for fifty sequences; lists the benefits of each sequence and include helpful information about modifications for poses; and encourages readers to create sequences on their own, using the sequences in the book as starting points.

Yoga is a practice of the mind, body, and spirit. It is a practice that has the power to change, heal, and transform us. Many of us who have chosen to walk the yogic path already know this. We know this because we have not only experienced our own powerful transformations, but we have also seen dramatic, and at times even miraculous, metamorphoses of the souls that walk beside us on this path. The Yoga Diaries is a powerful collection of these stories of transformation through yoga: stories of physical and emotional healing; stories of overcoming great adversity and often finding one's true purpose; stories of breath-taking, alchemical soul transformations and spiritual healing; stories from beautiful hearts and souls from all over the globe. The inspiring stories of the brave yogis within these pages will convince you that yoga is a practice for anyone ... for everyone.

When Emily Joy Allison called her abuser on Twitter, she launched #ChurchToo, a movement to expose the culture of sexual abuse and assault utterly rampant in Christian churches in America. Not a single denomination is unaffected. And the reasons are somewhat different than those you might find in the #MeToo stories coming out of Hollywood or Washington. While patriarchy and misogyny are problems everywhere, they take on a particularly pernicious form in Christian churches where those with power have been insisting, since many decades before #MeToo, that this sexually dysfunctional environment is, in fact, exactly how God wants it to be. #ChurchToo turns over the rocks of the church's sexual dysfunction, revealing just what makes sexualized violence in religious contexts both ubiquitous and uniquely traumatizing. It also lays the groundwork for not one but many paths of healing from a religious culture of sexual shame, secrecy, and control, and for survivors of abuse to live full, free, healthy lives.

A collection of yoga poses designed for two people aims to help readers deepen their relationships with lovers, friends, family and other intimates, in a book with more than 100 photos. Original. 15,000 first printing.

A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance

The Yoga Diaries

Theory, Philosophy, and Practice

Marriage Advice to Recharge and Reconnect Every Day

#ChurchToo

Postures for Healthy, Stress-Free Living

The Inner Work will take you on a hero's journey through the uncharted depths of your subconscious mind to understand your shadows and unlock the greatness of your full potential. Through the uprooting of limiting beliefs and transcendence of themes of consciousness which perpetuate suffering, true freedom and lasting happiness will finally be revealed. By process of radical self-analysis and a practical three-step method, The Inner Work invites you to let go of your struggle with life. If you are a human, and you want to be happy, this book is for you.

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.

Demonstrates sixty postures and three yoga flows designed to help couples develop balance, strength, flexibility, trust, and communication.

"Doug Swenson has created a book about Yoga that captures his delightful and unique teaching style." —Karen Allen, actress, Yoga Practitioner "Doug Swenson masterfully presents one of the most physically challenging styles of Hatha Yoga in a way students of any level will find safe, fun, easeful, and empowering." —John Friend, founder of Anusara Yoga In just a few years, Yoga has gone from an obscure spiritual discipline practiced by a handful of the "enlightened" in the Far East, to a mainstream exercise routine taught at gyms all across America. Now, at the turn of the new millennium, Yoga has a younger sibling, Power Yoga. A high-energy physical discipline embraced by Sting, Madonna, and thousands of other celebrities, professional athletes, and health advocates, Power Yoga takes the basics of Yoga and gives it a good healthy dose of aerobics to tone all your muscles, sharpen your focus, ease your spirit, and strengthen your heart. Want to pump up your body and gain peace of mind? Power Yoga For Dummies shows you how. Featuring step-by-step instructions, illustrated with photographs that help you see each move clearly, it shows you how to: improve flexibility, strength, and endurance Develop rock-hard abs, legs, and arms Find an instructor and the right workout gear Customize workouts for all ages and fitness levels Enhance your practice with a partner Beat stress, sharpen your focus, and lift your spirits Power Yoga celebrity Doug Swenson explains the philosophy and science behind Power Yoga. He gets you ready to take the leap into Power Yoga, and he arms you with: Three complete Power Yoga routines—beginning, intermediate and advanced Exercises to improve specific areas, including flexibility, strength, endurance, and specific muscle groups such as your arms, abs, and glutes Expert tips on diet and nutrition for enhancing your practice and improving your overall health Specific postures and exercises that benefit women and seniors A fun and easy guide for both beginners and experienced practitioners alike. This inspirational guide will help you unit a strong, sleek body with a sharp, clear mind.

50 Wine & Yoga Poses to Lift Your Spirit(s)

Journey to Joyful Contact Yoga

75 Habits for a Happy Marriage

A Guide to Finding Joy in Unexpected Places

It Takes Two to Yoga

On the surface it may appear that yoga is yoga is yoga, but take a closer look and you'll discover myriad different yoga systems and lineages. There are dozens of yoga styles to choose from, and while yoga is for everyone, not every style is the perfect fit for every person. But how do you choose between mysterious-sounding names such as Ashtanga, Kundalini, Bikram, and Kripalu? As Meagan McCrary discovered when she began exploring different classes, finding the right style is essential for establishing a steady yoga practice. Pick Your Yoga Practice is the first book to describe the most prominent yoga styles in depth, including teaching methodology, elements of practice, philosophical and spiritual underpinnings, class structure, physical exertion, and personal attention. Those new to yoga will discover they have options and can confidently attend a class of their choosing, while experienced practitioners will expand their understanding of the vast world of modern yoga, and perhaps find themselves venturing into new territory. Ashtanga * Iyengar * Kundalini * Integral * Kripalu Bikram * Jivamukti * Sivananda * Ananda Viniyoga * Svaroopa * Power * Forrest * ISHTA

Anusara * Moksha * AcroYoga

Yoga for Trauma Recovery outlines best practices for the growing body of professionals trained in both yoga and psychotherapy and addresses the theoretical foundations that tie the two fields. Chapters show how understanding the safe and effective integration of trauma-informed yoga and somatic psychotherapy is essential to providing informed, effective treatment. Uniting recent developments in our understanding of trauma recovery with ancient tenets of yoga philosophy and practice, this foundational text is a must read for those interested in the healing capacities of each modality. Readers will come away from the book with a strong sense of how to apply theory, philosophy, and research to the real-life complexities of clients and students.

Share the joys of yoga—and increase the benefits. The familiar postures of Hatha Yoga have renewed power and effectiveness when partners work together. Though all the asanas are touched upon, this comprehensive holistic program charts new ground in looking at a joint practice. There are creative interpretations for two of yogic breathing, symbolic hand gestures, mantras, and vinyasas—those special, flowing sequences of poses. For a restorative and healing workout, one person goes into repose while the other applies leans, stretches, twists, and compressions. Special advice on the art of partnering reveals how to create a positive, safe, and nurturing environment. In all the exchanges, the mutual support helps both people work better and improve alignment. Special black and white symbols representing each partner make directions easy to follow.

The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sana Show-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any poor decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelorette and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

Fun and Engaging Exercises to Increase Flexibility and Create a Spiritual Connection

An Annotated Bibliography of Works in English, 1981–2005

A Journey to Inner Peace and Freedom

The Pleasures and Principles of Partner Yoga - Second Edition

The Complete Idiot's Guide to Yoga

Deep Listening

Has yoga improved your health and expanded your awareness—but emotional and relationship issues continue to challenge you? Or, have you found psychotherapy helpful... yet yearn for further spiritual discovery? With Yoga & Psyche, Mariana Caplan invites you to explore these two profound domains of transformation and learn how they so effectively complement each other. In this compelling guide—rich with original research, clinical findings, Dr. Caplan's own personal experiences, and many direct hands-on practices—she takes you on an in-depth exploration of this emerging terrain. Along the way, you are invited to become a participant in the evolution of this emergent field. Using the core principles and practices of trauma healing, yoga therapy, somatics and somatic therapies, depth psychology, and neuroscience—seamlessly combined with yoga postures, breathwork, meditation, and visualization—Yoga & Psyche will help you to:
• Apply the insights of psychology in a practical way to your own yoga practice, teaching, professional work, and personal life
• Discover how to use psychological inquiry to amplify yoga—turning it into a powerfully effective “free therapy on the mat”
• Dive into the many emotional layers of asana and yoga practice for trauma healing and recovery
• Experience step-by-step exercises to transform your yoga practice and experience greater calm, clarity, and emotional well-being
Yoga & Psyche is emerging as a go-to resource for the joys of these two fields, now being adopted in yoga and somatic teacher training programs and university psychology classes nationwide. If you're seeking healing, transformation, and greater moments of daily joy and fulfillment—or want to help others do so—this comprehensive guide provides the compassionate, practical, and groundbreaking guidance you need.

A comprehensive introduction to yoga geared to men of all ages and backgrounds—whether they're athletic or sedentary, young or old, devotees of yoga seek new information to enhance their existing practice or neophytes just starting out of their yoga journals.

Yoga as a spiritual system with a physical component is fully explored in these intimate routines. Couples will find their relationships resonating with a deeper harmony by making the body flexible and strong while drawing clarity and peace into the mind and emotions. A regular practice of Couples Yoga can improve your quality of life by bringing renewed health to your body, deeper intimacy to your relationship, and more pleasure to your bed. Learn about the benefits of deep breathing and explore the chakras, solo positions and romantic partner positions. These creative and sensual practices will add both tenderness and power to your relationship. Over 270 photographs, artful sequencing and easy to follow instructions will appeal to both novice and seasoned practitioner. With 20 years of experience as a yoga instructor and massage therapist, author Mishabab believes that if you take the practices in this book off the mat and into your lovemaking, the experience of great sex can be yours to share, nurture and expand upon.

Truth is not something we have to seek out. It is not something that is absent and far away, requiring great effort to find. Truth is present within you as the Life that is you. In Yoga of Heart, Los Angeles-based yoga instructor Mark Whitwell takes us back to the time when yoga was first developed—to the shamanic past of the Upanishads, when yoga was practiced as a means of acknowledging, enjoying, and participating in the very source of Life. Whitwell explores the deeper tantric dimensions of hatha yoga—how yoga's purpose is to link the mind to the wonder of our own condition. He shows how hatha yoga is participation in life's polarities already in union—through the male surrender to the female principle. Yoga of Heart shows how we can forge that union of polarities within our body: above and below, front and back, left and right, male and female. Yoga of Heart focuses especially on clearing the energy centers and meridians, fostering dynamic health and allowing practitioners to create a deeper intimacy with both their partners and the energetic life forces in the universe.

The Inner Work

Power Yoga For Dummies

Yoga Journal

Exploring and Understanding Different Styles of Yoga

Inner Engineering

A Yogi's Guide to Joy

From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to “First Lady of Yoga” (The New York Times), Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga—and then inspired others to do the same. I've learned how to extract the beauty of an ordinary day. I've learned that the best high exists in the joy—or the sadness—of the present moment. Yoga allows me to surf the ripples and sit with the mud, while catching glimpses of the clarity of my home at the bottom of the lake: my true self. The very first time Saidman Yee took a yoga class, she left feeling inexplicably different—something inside had shifted. She felt alive—so alive that yoga became the center of her life, helping her come to terms with her insecurities and find her true identity and voice. From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother, finding the right life partner, and grieving a beloved parent, Saidman Yee has been through it all—and has found that yoga holds the answers to life's greatest challenges. Approachable, sympathetic, funny, and candid, Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties. Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing, depression, stress, and increased confidence and energy. Step-by-step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly. Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being, allowing you to feel truly alive and to embody the peace of the present moment.

Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English → language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations, and master's theses. Entries are arranged alphabetically by author for easy access, while thorough author, title, and subject indexes will help readers find books of interest.

In addition to increasing your flexibility, harmony, and spiritual balance, Yoga for Couples helps by narrowing the bonds that tie us together. This activity encompasses a combination of techniques and exercises that invigorate the body, pacify the mind, and elevate the spirit. This revolutionary book by Guillermo Ferraro presents a kind of yoga that is dynamic, youthful, and current, one that you can practice with whomever you want, regardless of any romantic connection. The exercises and advice in this guide are a gift for the muscles, organs, and skin, serving as a refuge of vital energy. It contains:
• Yoga for couples poses
• Exercises to increase flexibility
• Yoga-style cooking ideas to share
• Yoga and dancing moves
• Details on the philosophy of yoga
• Insight on meditation for two
• Information on sacred spaces
• Advice on breathing and increasing energy

NEW YORK TIMES BESTSELLER - Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy.

A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means “dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life.” The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy. Praise for Sadhguru’s Inner Engineering “Contrarian and consistent, ancient and contemporary, Inner Engineering is a loving invitation to live our best lives and a profound reassurance of why and how we can.”--Sir Ken Robinson, author of The Element, Finding Your Element, and Out of Our Minds: Learning to Be Creative “I am inspired by Sadhguru’s capacity for joy, his exuberance for life, and the depth and breadth of his curiosity and knowledge. His book is filled with moments of wonder, awe, and intellectual challenge. I highly recommend it for anyone interested in self-transformation.”--Mark Hyman, M.D., director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author “Inner Engineering is a fascinating read of Sadhguru’s insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos.”--Deepak Chopra

Fifty Sequences for Your Home and Studio Practice

Drunk Yoga

Pick Your Yoga Practice

Integrating the Paths of Yoga and Psychology for Healing, Transformation, and Joy

Designing Transformative Yoga Classes

An Invitation to True Freedom and Lasting Happiness

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

The Pleasures and Principles of Partner Yoga is a synthesis of ancient and modern yogic techniques that focus on both self and relationship development. It presents simple to advanced partner and group practices that are ideal for those with or without prior yoga experience. Over three hundred beautiful, unique photographs and illustrations demonstrating over sixty practices.

Yoga Fun A-Z is a book filled with diverse fun yoga characters to connect yoga with families all around the world. Featuring yoga poses of the alphabet to introduce yoga in a super fun and kid-friendly way. Including mindful breathing and meditation techniques throughout to encourage focus. Animal movements and sounds to encourage self-regulation of emotions while promoting physical activity independently or with the entire family!

Wouldn't it be great if your child could exercise, have fun, and build concentration skills all at the same time? In 2006, the Little Flower Yoga program was developed by teacher and certified yoga instructor Jennifer Cohen Harper, when her successful use of yoga in her kindergarten classroom led to requests by other students, teachers, and administrators for yoga programs of their own. Harper slowly began to teach more and more yoga classes, and eventually recruited other yoga teachers with education backgrounds to continue growing what had become a flourishing program. Little Flower Yoga for Kids offers this fun and unique program combining yoga and mindfulness in an easy-to-read format. Written specifically for parents and kids, the book aims at teaching children to pay attention, increase focus, and balance their emotions—all while building physical strength and flexibility. Based on a growing body of evidence that yoga and mindfulness practices can help children develop focus and concentration, the simple yoga exercises in this book can easily be integrated into their child's daily routine, ultimately improving health, behavior, and even school achievement. The book details the five main components of the program: connect, breath, move, focus, and relax. Drawing on these components, Harper shares practical activities that parents can use with their children both on a daily basis and as applied to particularly challenging issues. And while this book is targeted to parents, teachers may also find it extremely useful in helping students achieve better attention and focus. For more information about this innovative program, visit www.littlefloweryoga.com.

Partner Yoga

Making Contact for Physical, Emotional, and Spiritual Growth

Sensual Routines for Great Sex

Compromising Positions

Yoga

Yoga for Men

Offers activities readers can do in minutes a day to restore and strengthen a marriage.

Kids love yoga—and it's great for them, so much so that the President's Council has added the practice to the fitness activities in the annual President's Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents Good Night Yoga, a playful yet wholly practical book for preparing for sleep. This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature. Moving from “Sun Breath” to “Cloud Gathering” to “Ladybug & Butterfly!” and more, readers learn techniques for self-soothing, relaxing the body and mind, focusing attention, and other skills that will support restful sleep and improve overall confidence and well-being.

Enlightenment isn't a strange, mystical, or faraway place. It's a fundamental human experience available to us all in different ways and in different moments.Learn how the ancient philosophy of yoga, modern neuroscience, and positive psychology can help you discover your life's meaning and purpose, rewrite your brain, and uncover lasting happiness and joy. Everyone is looking for happiness, but very few really know where to find it. Maybe it's that house you've been dreaming of buying, or a new car, or the perfect relationship? Or maybe it's a grand, epic revelation about the meaning of life? But when will that revelation come to you, and how long should you wait? And what if happiness isn't something you achieve or obtain, but how you respond to the conditions of your life? After all, yogis can find peace and joy even when life is painful and unpleasant. In Yoga and the Pursuit of Happiness, you'll discover that lasting happiness is already at your fingertips—in the small, everyday moments inherently infused with purpose and meaning. The philosophy of yoga—rather than the poses and postures—boils down to one fundamental process: overcoming suffering by coming to know ourselves and aligning our actions with our own intrinsic sense of spiritual purpose. And yoga gives us the tools to address two basic existential questions: Who am I? What should I do? Meanwhile, positive psychology and neuroscience show us how our actions are constantly rewriting our brain in helpful ways—which points to happiness as something we must practice and carry out each day. Happiness is, simply put, something we do. In this unique, lighthearted guide, celebrated yoga instructor Sam Chase blends ancient wisdom from the Bhagavad Gita and Yoga Sutras with his own personal journey of enlightenment to show you how to deepen your understanding of yourself and the world around you, end the cycle of materialism and greed that can get in the way of cultivating stillness of mind, and achieve lasting well-being.

Move, Connect, Play is a book detailing the core principles of AcroYoga, a practice that melds the spectacle of circus arts with the healing power of massage and the breathwork of yoga. Get ready to learn how to fly. AcroYoga is a movement practice that combines the balance and connection of yoga with the fitness and intensity of acrobatics, as well as the holistic healing power of physical therapy. People come to it for all kinds of reasons—they may have chronic pain and are looking for a long-term solution to manage it, they may want to lose weight, gain muscle or increase their mobility, or maybe they just want to experience it with their friends or partners to deepen their relationships. Some even just want to have some fun together. In Move, Connect, Play, founder of AcroYoga International Jason Nemer shares the core principles of AcroYoga for athletic performance and for life, as well as 10 key areas of training (strength, flexibility, technique, balance, breath, gravity, relationships, mental, emotional, and sustainability). He also offers specific exercises and routines for how to train safely and effectively in each area. This is a book that millions of AcroYogis around the world have long been waiting for, and one that is an essential read for high-performance athletes, weekend health warriors, and spiritual seekers alike.

The Art and Science of AcroYoga

The Pleasures and Principles of Partner Yoga

Yoga Sequencing

Yoga of Heart

How Purity Culture Upholds Abuse and How to Find Healing

Yoga Fun A-Z

This book is for anyone interested in health, fitness, or the healing arts. It teaches you the basics of stretching, breathing, and meditation, with exercises designed to help you relax, become more flexible, more productive, and more self-satisfied.

Illustrates over sixty yoga positions that can be done by two people, with essays at the beginning of each chapter describing the principles involved, such as trust, compassion, balance, and community.

Yoga as a spiritual system with a physical component is fully explored in these intimate routines. Couples will find their relationships resonating with a deeper harmony by making the body flexible and strong while drawing clarity and peace into the mind and emotions. A regular practice of Couples Yoga can improve your quality of life by bringing renewed health to your body, deeper intimacy to your relationship, and more pleasure to your bed. Learn about the benefits of deep breathing and explore the chakras, solo positions and romantic partner positions. These creative and sensual practices will add both tenderness and power to your relationship. Over 270 color photographs, artful sequencing and easy to follow instructions will appeal to both novice and seasoned practitioner. With 20 years of experience as a yoga instructor and massage therapist, author Mishabab believes that if you take the practices in this book off the mat and into your lovemaking, the experience of great sex can be yours to share, nurture and expand upon.

Yoga Sequencing: Designing Transformative Yoga Classes presents the essential principles and methods for planning and sequencing yoga classes. Addressing one of the most popular topics in the yoga profession, this book offers sixty-seven model sequences of yoga poses (asanas) that cover the broad range of yoga student experience, including multiple sequences for beginning, intermediate, and advanced students; yoga for kids, teens, women across the life cycle, and seniors; classes to relieve depression and anxiety; and sequences for each of the major chakras and ayurvedic constitutions. Each sequence provides guidance for teaching the different breathing (pranayama) and meditation techniques that give yoga its transformative power. Enhanced with over 2,000 instructional photos and an elaborate guide to the constituent elements of over 150 yoga asanas, the book draws equally from ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology. The nuanced interrelationships among asanas within and between the seven asana families are explored and the anatomy of opening and stabilizing each pose is explained for sequences designed around specific needs and intentions. A comprehensive appendix includes a glossary of yoga-related terms, an alphabetical asana index with thumbnail photographs of each asana, a class planning worksheet, representative sequences from several popular styles of hatha yoga, and a list of resources for further exploring sequencing and the larger practice of teaching yoga.

Yoga for Couples

The Joy of Yoga

Yoga and the Pursuit of Happiness

A Pose-by-Pose Bedtime Story

Yoga & Psyche

Stories of Transformation Through Yoga

When two people meld, the impact and the experience of their practice deepens on account of touch. It Takes Two to Yoga moves beyond individual yogic practice and embraces the essence of yoga a term that, in fact, means a 'union' or a 'yoking together'.

When CEO David Strang is strong-armed into demonstrating Kama Sutra yoga poses for a couples class—which is as awkward as it sounds—he's put in one compromising position after another. On top of that, the co-instructor gets him all worked up, and she's totally off-limits. At least she should be. Sophie DeFino has fantasized about David for over a decade. If only he weren't so uptight and didn't have so many rules. Of course, all those rules make it fun to push his buttons. And if she can get him bent out of shape enough; maybe he'll give in to the temptation of whatever's sparking between them. Each book in the Invested in Love series is STANDALONE: *Compromising Positions *The Billionaire's Runaway Fiancee *The Billionaire's Private Scandal *The Billionaire's Holiday Engagement *The Billionaire's Reluctant Fiancee

The Healing Power of Intimate Connection

Good Night Yoga

Little Flower Yoga for Kids

Move, Connect, Play

The Seven Points of Connection and Relationship

Yoga for Trauma Recovery