

Yoga For Wellness Healing With The Timeless Teachings Of Viniyoga Gary Kraftsow

Most people think of yoga as a solitary activity that is inherently therapeutic. While that is generally true, yoga poses and breathing practices can also be prescribed for specific health problems—often in combination with dietary advice taken from Ayurveda, traditional Indian medicine. Yoga Therapy is an essential guide for yoga teachers, advanced practitioners, and anyone who wants to make therapeutic use of yoga. A. G. and Indra Mohan prescribe postures, breathing techniques, and basic Ayurvedic principles for a variety of common health problems, including asthma, back pain, constipation, hip pain, knee pain, menstrual problems, and scoliosis. Yoga Therapy is one of the few books that shows yoga teachers how to put together appropriate yoga sequences and breathing techniques for their students. Mohan details how to correctly move into, hold, and move out of poses, how to breathe during practice to achieve specific results, and how to customize a yoga practice by creating sequences of yoga poses for a particular person. Hot Yoga is based on Bikram Yoga. Bikram yoga is a system offering a series of 26 postures, designed to restore vitality, heal, and help prevent a range of common chronic ailments. It differs from traditional yoga, as it performed in a heated room, equipped with mirrors - hence the name hot yoga (which Bikram himself does not use). The room is heated to at least 100F (38C). The postures are easy to learn, and can be approached from any level of strength and flexibility. The theory is that when the body is cold it is difficult to move. Warmed up muscles make the body more pliable, so that you can achieve a deeper stretch. The heat also helps to flush out toxins and impurities. 'Stretching in the heat is actually very comfortable and I sensed my body opening up in a way it simply can't do at lower temperatures...In short, I am addicted.' Evening Standard, February 2000

Gary Kraftsow's easy-to-follow exercise guide on the physical and spiritual benefits of yoga Healing with the Timeless Teachings of Viniyoga. With more than 1,000 photographs to clearly illustrate each sequence, Gary Kraftsow demonstrates how Yoga can be used to support optimal health and healing for aches and pains throughout the body; digestive and respiratory problems, cardiovascular, lymphatic, and endocrine systems; stress, depression, and mental illness; and more! Theology of gyms, shakes, and the same old workouts? It's time for something that actually works! Connect your mind and body for maximum wellness with this beginner's guide to total fitness. With years of personal training and coaching experience, Z Altug shows you exactly how to achieve your goals by combining common sense and the Eastern philosophies of body movement, such as yoga, tai chi, qigong, and more.

Yoga for Transformation
The Ayurvedic Path to Energy, Clarity, Wellness, and Your Best You
Black Women's Yoga History
Simple Recipes to Promote Wellbeing
The Myth of Wellness and How We Can Truly Heal
Good Morning Yoga
Hot Yoga
First We Eat

This book is a user-friendly guide to learning about trauma sensitive yoga, who needs it, and how to implement the practice. This book provides easy to understand, applicable, and valuable information for many populations so anyone can embrace the gift of yoga. As our world grows smaller through technology, we can grow more distant and alone. Tragedy seems to present itself as pervasive and overwhelming, however armed with the many tools of yoga, we discover resiliency and hope. Trauma is an emotional response to an event like an accident, rape, or natural disaster. Trauma is a subjective experience and represents a threat to personal safety physically, emotionally, or mentally. Trauma activates our sympathetic nervous system (SNS), which is necessary and important as a survival response. Trauma becomes a problem when it is chronic or so severe in perception that the SNS is never turned back off. When the sympathetic nervous system is continually activated, it rewires the nervous system and physical changes take place in the brain and the endocrine system that make healing more challenging. Chronic activation can turn into Post Traumatic Stress Disorder (PTSD), a condition that can cause serious physical and mental illness. Whether or not a trauma becomes a chronic stress seems to be related to the intensity and severity of the incident and also to past trauma exposure. This book will explore these changes and just how trauma gets stored in the body as well as offer a trauma sensitive format of YOGAFIT as a body based program for healing.

Outlines the basic physical exercises, mental disciplines, and ethical commitments of raja yoga
Healing Yoga: Posture, Breath, and the Wellbeing Resource celebrating synchronicity of body and yoga. Having been a student of yoga for over 20 years, I am devoted to this ancient eastern practice. A story heard fairly often, I looked to yoga after a cancer diagnosis many years ago. I ultimately became enlightened to yoga's purity and therapeutic value. I began to write about yoga postures as I encountered them and discovered the way in which poetic imagery created wellness patterns for my life through mind/body/spirit integrity. My intention for this book is to enhance health and well-being through a union of poetic verse and yoga movement. Reading the poems before, during, or after practice allows for integration of body posturing and soul searching. The yogi is able to mentally and spiritually place themselves in each pose; experiencing a growing awareness of transformation. The poems connect to each posture: nurturing the mind, strengthening the body, illuminating the spirit.

Yoga helps children learn how to focus, relax, and both self-monitor and self-soothe Good Morning Yoga instills these four skills and more, enabling children to jumpstart the day with energy and excitement-and meet the adventures that come with mindfulness and perspective. Good Night Yoga tells the story of the world retiring for the evening-and a new generation of readers has fallen in love with the relaxing sequences and beautiful pictures that lead them to dreamland. Good Morning Yoga weaves gentle exercises with a heartwarming narrative and wonderful illustrations to empower children to manage the energies that visit throughout the day-from the "fiery volcano" to the "mountain quiet and still. Good Morning Yoga concludes with a visualization for kids to set intentions for the day.

Poses and Practices for Every Body
Time-Honored Wisdom and Scientifically Proven Methods That Alleviate Stress, Open Your Heart, and Enrich Your Life
How the Body Can Heal the Mind
Yoga as Medicine

Body & Brain Yoga Tai Chi
Energy Medicine Yoga
Moving Toward Balance
The Yogic Prescription for Health & Healing : a Yoga Journal Book

A fully illustrated, step-by-step guide to achieving wellness through Viniyoga, emphasizing the spiritual and physical components of healing. Photos throughout.

Cleanse your body while still feeling well-fed, healthy, and balanced! Most cleanses promise everything from clear skin, to zero belly fat, to nirvana. But one thing missing from many of these empty promises is true nourishment. Derived from Ayurveda, the sister science of yoga and the ancient system of Hindu medicine, The Simple, Healing Cleanse is an informational guide to a traditional, accessible four-week cleanse that will help you build more body awareness and consciousness around food. With 50 basic, cleansing recipes and meal-planning tips, this cleanse is easy even for the busiest but with a minimal amount of time to spend in the kitchen. You'll learn how to incorporate the concept of your Ayurvedic type (dosha) to build a foundation for healthy, life-long dietary choices, bring balance to the body and mind, and cultivate vibrant health. The Simple, Healing Cleanse will help you find simple ways to give your digestive system a break, to simplify your diet without crazy, unhealthy restrictions, and simply find lightness, clarity, and ease in a scattered, noisy world.

Eva Kosmas Flores finds inspiration in her Greek heritage and the bountiful produce of her garden in Oregon. She uses both to craft her seasonal and approachable recipes, each paired with a mouthwatering image. The bounty of fresh, vibrant produce overflowing from her garden comes through on every page, and Flores undertakes rigorous recipe testing to share her most creative, delicious ways to make use of these foods. Showcasing her unforgettable, atmospheric photography style, First We Eat is a gorgeous reference on seasonal cooking that celebrates the beauty of the Pacific Northwest, Mediterranean influences, effortless and stylish presentations, and simple preparations, all designed to share with friends and family.

This daring, visionary book revolutionizes yoga practice—and makes it truly accessible to everyone, in every body, at any age, and in any state of health. Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all—confering enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, founder of Accessible Yoga, views yoga as a basic human right—saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type. Heyman has spent over twenty years sharing yoga with people of all abilities and backgrounds, and in this book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.

A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments

Peaceful Weight Loss Through Yoga

Practical Lessons on Yoga

Yoga for Wellness

The Healing Path of Yoga

Simple Practices to Calm Your Mind and Heal Your Chronic Pain

Emotional Yoga

Yoga for Pain Relief

Yoga for WellnessHealing with the Timeless Teachings of ViniyogaPenguin

Learn the simple techniques that have transformed the lives of millions of practitioners worldwide. Body & Brain Yoga is a mind-body training system originating in Korea. Through consistent study of Body & Brain Yoga's principles of energy (chi, ki), practitioners cultivate greater personal power while developing genuine connection of body and mind. There are currently over 600 Body & Brain Yoga centers around the world, with active participants in eight countries, including the United States, Canada, the United Kingdom, South Korea, Japan, Belgium, Poland, and Russia. Body & Brain Yoga Tai Chi offers an easy-to-follow, step-by-step guide to the meridian stretching, breathing exercises, energy work, and meditation techniques of Body & Brain Yoga. It also provides an introduction to the essential energy principles that underlie the practice. Whether you are completely new to Body & Brain Yoga or an advanced practitioner, Body & Brain Yoga Tai Chi helps you: > Develop a fit and flexible body > Boost your energy and vitality > Quiet your mind and improve concentration > Cultivate a feeling of well-being

Encourages the use of yoga as a complementary therapy for Parkinson's disease, including step-by-step instructions and seated and assisted postures for those with limited mobility.

For anyone who has suffered loss, a collection of meditations and poses for working through grief. So often, we think that grief lives only in our hearts and minds. But what about the emotions that weigh us down and the grief that gets stuck in our body? Our emotions need motion, and Healing Through Yoga is a unique, simple, and powerful way of healing. Grief Yoga founder Paul Denniston takes you through the stages of Awareness, Expression, Connection, Surrender, and Evolution with clear and compassionate instruction, poses, exercises with easy-to-follow photos, and meditations specifically designed to move you through that particular step. Learn how to release pain and suffering without expectation or judgment and reconnect to life, love, and strength. Even if you have never done yoga before, with Healing Through Yoga you can process your grief and use it as fuel for transformative healing. FOR READERS OF: Healing After Loss, On Grief and Grieving, Chair Yoga, The Body Keeps the Score, and Grief Day by Day. EXPERT AUTHOR: Paul Denniston is the founder of Grief Yoga, a program he created with David Kessler (co-author of On Grief and Grieving) and tours worldwide, working with bereavement groups, cancer support centers, addiction and Alzheimer's groups, and people dealing with breakups, divorce, and betrayal. Denniston has a mailing list of 100,000 subscribers, and he teaches a weekly class to the 18,000 members in his public Grief Facebook group. NOT JUST FOR YOGIS: Paul's audience is mostly made up of people who had never thought of yoga as a way to work through grief. This practice is as much about physical flexibility as it is about emotional liberation. GREAT RESOURCE FOR HEALTHCARE PROFESSIONALS: Paul has taught this practice to over 10,000 therapists, counselors, and healthcare professionals around the world. A NEW TOOL FOR ALL TYPES OF LOSS: Paul teaches this class to workshops dealing with all kinds of loss, including breakups, divorce and betrayal, bereavement groups, cancer support centers, addiction groups, death by suicide, Alzheimer's support groups, bereaved parents and many more. This book can help with new and old losses and traumatic experiences that often go unattended. Perfect for: 18+, Yoga enthusiasts. grief help, self-help

The Royal Path

Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga

Wellness from the Inside Out

A Yoga Approach to Reclaiming Your Relationship to Your Body and Food

The Simple, Healing Cleanse

The Energy Medicine Yoga Prescription

Healing Yoga

Memoirs of Inner Peace

The Power of Guided Meditation provides an accessible and easy entry point into starting a meditation practice, offering a range of practices and benefits so you can decide how to choose and integrate a program to suit your specific needs. First, explore meditation from the perspective of mindfulness. Why Mindfulness? Mindfulness is the practice of bringing the attention back to the present moment. Mindfulness is not only meditation and meditation is not only mindfulness. Mindfulness in its most complete sense, is a way of living, thinking, and being that is self-aware and deliberate. Most practices as we know them in the West are rooted in mindfulness. Discover mindfulness through: Body Breath Thoughts Sounds Walking Eating Listening/Communication Compassion/Kindness Another focus of meditation is to relieve stress. Why stress relief? Particular meditation techniques induce a calm, serene state very quickly by activating the parasympathetic nervous system. These practices have the power to lower the heart rate, reduce inflammation in the body, settle the emotions, deepen the qualities of our sleep, boost the immune system, and much more. Relieve stress with: Yoga nidra Breathing exercises—calm breathing, diaphragmatic breath, square breathing Progressive muscle relaxation Sleep Affirmation Or, use visualization techniques to anchor a practice. Why Visualization? Visualization lets our mind remain somewhat active as it takes instruction to create images internally. The mind-body connection is powerful and we're learning more about it everyday. Visualization techniques have been successfully used in the fields of medicine, sports, music, and psychology for many years. Practice visualization through: Haven visualization Oasis journey Wake up Color Therapy Renewal Accessing your inner genius There is also a useful and complete directory to reference if you have a specific issue you'd like to address or a desired meditative effect—like more energy, clarity, pain relief—that you'd like to achieve. Depending on your goal, it will direct you to a guided meditation in the book, or it will give you a new exercise for your particular focus. You can search through some common physical conditions that are often helped with meditation, or you can choose an activity from the "Quick Re-sets." Begin a customized meditation practice right away with this versatile beginner's guide.

From basic postures to more advanced meditation, this guide explains how yoga can contribute to your general well-being. Whether you are num-to-be or tackling midlife challenges, find postures to help you meet life with peace of mind and renewed vitality.

A groundbreaking yoga program that takes full advantage of the body-mind connection. Drawing on her extensive training in yoga therapy, dance, and meditation, Bija Bennett has created a groundbreaking yoga program that takes full advantage of the body-mind connection. Based on the classical eightfold path of yoga,

Emotional Yoga offers a broad range of simple body-mind techniques that can positively affect our emotional well-being, including the dynamic interplay of movements, breathing exercises, meditations, lifestyle skills, rituals, gestures, and healing sounds. Each technique is presented in a way that is true to

Bennett's background in the tradition of Viniyoga, which allows the reader to adapt the program to his or her specific needs.

Stress is now considered the foremost contributor to poor health and a major factor in causing heart disease, cancer, and a myriad of chronic and acute diseases. This book will make yoga a fundamental part of your quest for wellness and well-being, whether you are a novice or a current practitioner. Nischala Joy Devi, a pioneer in the field of alternative healing and a renowned yoga expert, has spent years helping people realize the healthful and stress-controlling benefits of yoga. In 1982 she developed yoga-based retreats for Dr. Michael Lerner's now famous Commonwealth Cancer Help Program. That same year Dr. Dean Ornish asked her to create a program of yoga practices for patients suffering from heart disease. Yoga's contribution to the success of both programs has been astounding. Devi shares her years of experience working with the healthful benefits of yoga, teaching visualizations, breathwork, and meditation, as well as providing the classic steps and illustrated instructions for yoga's physical poses. The Healing Path of Yoga uses timeless Indian-based yoga techniques and philosophy, along with Devi's lifestyle-altering regimen, to create one extraordinary program with the power to rejuvenate and heal. The Healing Path of Yoga presents the key

to preventing disease and stress in healthy people aiding in recovery from heart disease, cancer, and other illnesses physical conditioning and weight loss deep, healing relaxation techniques heightened overall wellness of body, mind, and spirit From the Trade Paperback edition.

The Power of Guided Meditation

Transform Loss into Empowerment

Integrating Yoga and Ayurveda with Modern Recovery Tools for Addiction

Ancient Teachings and Practices for Healing the Body, Mind,and Heart

The Yoga of Food

A Lifelong Guide to Wellness

Yoga RX

Transform your yoga practice into an intimate, creative, and healing experience in this refreshing guide to yoga in the modern world "An inspiring read for all yogis." —Michael Franti, musician, filmmaker, activist What if, instead of constantly pushing yourself beyond your limitations, you paused to really listen to your body's needs? In Gravity & Grace, innovative yoga teacher and trainer Peter Sterios shares a unique set of practice principles to help anyone—from beginners to advanced practitioners and teachers—revitalize their approach to yoga by tuning into the subtle body. When our yoga practices become too rigid, overly focused on technique, or dependent upon ideals that are not suited to our bodies, we lose the full potential of what yoga offers—a truly personal pathway to physical well-being, emotional unfolding, and spiritual awakening. In this groundbreaking book, Sterios helps you embrace the full, healing potential of yoga as he shares wisdom gained from over 45 years of exploring yoga and the subtle body. He teaches that by developing a sensitivity to how the natural forces of gravity and grace are at work physically and psychologically, we become empowered to confidently decide how to practice each day. Through an insightful blend of practical theory and direct instruction, Sterios will guide you to incorporate awareness of physical and subtle anatomy into your practice, utilize the breath for greater well-being, and create flowing sequences that naturally meet your unique needs in each moment. For teachers looking to deepen their offerings, students who want to bring a more personalized and healing experience to their yoga practice, and anyone working with physical limitations (from injury, body type, age, or any of the myriad obstacles humans face), Gravity & Grace is the "no-styler" yoga guide you've been waiting for.

This book will teach you a simple series of yoga postures along with tools to examine and modify your eating patterns. As you explore what your body truly needs, you will discover new ways of moving, breathing, and eating that will help you achieve your ideal weight.

Find out how Black women elders have managed stress, emphasizing how self-care practices have been present since at least the mid-nineteenth century, with roots in African traditions. How have Black women elders managed stress? In Black Women's Yoga History, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection, exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as mental health, healing, and wellness that is both compassionate and political. Stephanie Y. Evans is a Professor of Black Women's Studies, Director of the Institute for Women's, Gender, and Sexuality Studies, and Affiliate Faculty in the Department of African American Studies and in the Center for the Study of Stress, Trauma, and Resilience at Georgia State University. Her books include Black Women and Social Justice Education: Legacies and Lessons (coedited with Andrea D. Domingue and Tania D. Mitchell); Black Women's Mental Health: Balancing Strength and Vulnerability (coedited with Kanika Bell and Nensga K. Burton); and African Americans and Community Engagement in Higher Education: Community Service, Service-Learning, and Community-Based Research (coedited with Colette M. Taylor, Michelle R. Dunlap, and DeMond S. Miller), all published by SUNY Press.

"To many of his patients [Dr. Fishman] is a miracle worker." —Jane E. Brody, New York Times Designed for yoga practitioners ranging from beginners to experienced, Healing Yoga shows how every reader can not only heal, but can also help diagnose, their specific medical conditions. Written by internationally recognized physical and rehabilitative medicine physician Loren Fishman, MD, this guide unites Western medical information with the practice of yoga. Depending on the severity and chronicity of the ailment, the advice and postures in this book can provide a doctor's immediate assistance—at no cost or fancy equipment, drugs, or surgery. Addresses 20 common conditions: headache, weight gain, the common cold, insomnia, bone health, scoliosis, PMS, stress, depression, 8 different types of back pain, and others. Includes 170 photographs that illustrate healing techniques Dr. Fishman has invented, refined, and validated with thousands of patients, through decades of experimentation. Features Dr. Fishman's own evidence-based, pioneering, and prize-winning clinical research on rotator cuff problems (1,200 cases, 90 percent success rate), osteoporosis, and scoliosis. Offers insights learned directly from Dr. Fishman's teacher, BKS Iyengar, the founder of "Iyengar Yoga," as well as how Dr. Fishman went beyond his early training to discover groundbreaking curative techniques.

Poetic Images to Breathe Wellness

Healing Trauma with Yoga

A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness

Healing Through Yoga

Go from Surviving to Thriving with Mind-Body Techniques

The Healing Yoga Deck

Yoga and Fertility

East meets West as an assistant dean at the UCLA School of Medicine and a celebrity Yoga instructor show how to use ancient Yoga postures for treating dozens of common ailments. Yoga has never been hotter in America, and now its benefits are being recognized far beyond the arenas of enlightenment and body sculpting. Yoga RX distills an array of postures into an easy-to-use regimen for anyone seeking relief for anything from back pain to the common cold. Written by a highly respected professor of medicine and a renowned Yoga teacher and Yoga therapist whose clients include Warren Beatty, Ted Danson, and Dolly Parton, Yoga RX offers a holistic program based on the authors' research into the science of Yoga. Helping readers enhance their chances of disease prevention through increased circulation, strength, flexibility, and concentration, this accessible handbook also covers specific Yoga therapies for treating illnesses such as: • Arthritis • Headaches • PMS • Insomnia • Chronic Fatigue Syndrome In the tradition of The Pilates Body, this step-by-step, illustrated handbook is the ultimate prescription for healing body, mind, and soul.

"An Amazon Editor's Pick in Best Nonfiction" " An intimate, honest, accountable, and thorough invitation into healing" -- adrienne maree brown, author of Pleasure Activism " This book is a powerhouse. " -- Ashley Judd The myth of wellness is a lie. And until we learn to confront and dismantle its toxic systems, we can't ever be well. Better, stronger, healthier, whole--the wellness industry promises us that with enough intention, investment, and positive thinking, we 'll unlock our best selves and find meaning and purpose in a chaotic and confusing world. The problem? It 's a lie. The industry soars upwards of \$650 billion a year, but we 're still isolated, insecure, and inequitable. " Wellness " isn 't making us well; it 's making us worse. It diverts our attention and holds us back from asking the questions that do help us heal: Who gets to be well in America? Who 's harmed--and who's left out? And what 's the real-life cost of our obsession with self-improvement? To be truly well, we don 't need juice fasts or yoga fads. We need to detox from a culture rooted in perfectionism, white supremacy, and individualism--and move toward a model that embodies mutual responsibility and extends beyond self-help to collective care. In American Detox, organizer, yoga activist, wellness disruptor, and CTZNWELL founder Kerri Kelly sounds the wake-up call. It 's time to commit to the radical work of unlearning the toxic messages we 've been fed--to resist, disrupt, and dream better futures of what wellness really means.

A Powerful How-To Guide for Energetic Self-Care When you 're dealing with a health issue, what kind of energy practice will help the most? " To bring ourselves back into wellness, " teaches Lauren Walker, " we first have to understand what brought our body out of wellness. When we return to balance, the body is best able to heal itself. " With The Energy Medicine Yoga Prescription, Lauren brings you an invaluable guide to help you uncover the root causes of specific physical, emotional, and psychological health complaints—along with a treasury of potent self-care practices to accelerate your healing. This easy-to-use resource includes: • Simple instructions for learning to sense and diagnose your body 's subtle energy • The Five Elements System—the ancient healing practice at the heart of Energy Medicine Yoga • Easy reference charts to match hundreds of health complaints with the most effective energy healing practice • Links to training videos to help guide you in many Energy Medicine Yoga techniques • The three most important Ayurvedic techniques to change your life right now • Guidance for creating your own daily practice—and maintaining good health and balance on and off the yoga mat " If you want to affect the physical matter that is your body and the invisible matter that is your mind and your soul, " says Lauren Walker, " the most effective practice you can learn is how to work with your own energy. " With The Energy Medicine Yoga Prescription, she brings you a solution-oriented manual to complement any health regimen—filled with essential insights for well-being, techniques to activate your body 's natural healing intelligence, and a powerful new vision for happiness and wholeness.

How to Awaken Your Subtle Body and the Healing Power of Yoga

60 Poses and Meditations to Alleviate Pain and Support Well-being

Integrative Healing

A Journey to Health and Healing

The Book of Exercise and Yoga for Those with Parkinson's Disease

Hunger, Hope, and Healing

A Pose-By-Pose Wake Up Story

Developing Wellness in the Mind and Body

The Woman's Book of Yoga and Health is the first comprehensive book about women's health issues and how to treat them with yoga. The authors offer a complete yoga program for general health as well as pose sequences that address specific health problems—all in the Iyengar tradition, which targets health needs more than other forms of yoga. For example, in the first part of the book, Patricia Walden has organized three chapters about women's health issues and tells how to use each pose and describe its benefits: chapter one is the Essential Sequence for all women, and includes modifications for people who cannot or should not do all the poses; chapter two is the Restorative Sequence for stress relief and relaxation; chapter three contains advanced poses that energize and tone. The second part is presented in four sections that broadly represent the stages of a woman's life: teen years and early twenties, later twenties and thirties, midlife, and wisdom years. Each section contains chapters offering specific information about a particular health issue from author Linda Sparrowe, as well as sequences of yoga poses from Patricia Walden that address the problem. For example, the back care chapter includes information about common back problems and their causes (scoliosis, arthritis, lordosis, kyphosis, and early osteoporosis) with an emphasis on: emotional and psychological roots of each section back problems; physical information about the spine and back muscles; general information about how yoga addresses different areas of the back; and finally, Patricia Walden's sequences of poses that target different back problems with the goal of not only relieving back pain but of strengthening, and healing old injuries and misalignments. Sections of the book include: • Teens and Early 20s: Eating disorders, menstrual health, immune support • 20s and 30s: Back care, pregnancy, headaches • Midlife: Depression, menopause, digestion • Wisdom Years: Osteoporosis, postmenopause, the heart The final section of the book includes listings of yoga centers, instructional videos, yoga equipment, and where to go for more information about yoga.

Yoga philosophy and practice are increasingly being used therapeutically to help people overcome disordered eating patterns—like overeating, food addiction, and stress eating—and the resulting emotional distress they can cause. Sarahajoy Marsh offers a program using yoga to address food-centered behaviors and body image issues. She illuminates the nature of addiction and offers a methodical approach to recovery that is non-judgmental and non-stigmatizing. Her compassionate, hopeful, and deliberate Full of Clear, empathic advice and photographs of the step-by-step practices, this book will help alleviate the isolation that people with food-oriented issues and body image problems feel; offer strategies for changing the behaviors; and give clear guidelines about the processes of recovery and the development of new life skills.

What is it that makes yoga practitioners feel so good after a session—more so than after other kinds of exercise or stretching? Yoga was created to directly stimulate and move us at the energetic level," teaches Lauren Walker. Yet many of us don't have the time to spare for the kind of extensive regular practice we'd need to gain the full benefits yoga was meant to offer. That's why Walker created Energy Medicine Yoga—a breakthrough book that combines yoga with the most effective techniques of energy medicine to vastly increase the healing power of your practice. Created for yoga practitioners of any background or experience—even complete newcomers—this clear, easy-to-use guidebook features: Energy medicine essentials—key concepts about your subtle anatomy and its profound influence on your physical, emotional, and spiritual health An eight-week learning plan for working with your body's energy systems—with practices focused on your meridians, chakras, vibrational field, and more Power poses—the most valuable "if you do nothing else, do these" techniques for each of your body's energy systems The 20-minute template—putting it all together to create your own custom-made, supercharged daily practice Lauren Walker has adapted the renowned energy medicine methods pioneered by her own teacher, Donna Eden, so they integrate seamlessly into yoga movements and postures. "Energy medicine yoga teaches you to take the things you're doing now, layer them together with complementary techniques, and exponentially increase the benefits of your practice," Walker explains. "You'll learn to work smarter, not harder—so you can have a healthy body full of energy, zest, and joy for the rest of your life to offer."

Examines the history of yoga, describes its many health benefits, details various ailments that yoga can help prevent or treat, and explains basic yoga techniques, including postures, breathing, meditation, and safety.

Good Food for Simple Gatherings from My Pacific Northwest Kitchen

Healing Yoga: Proven Postures to Treat Twenty Common Ailments?from Backache to Bone Loss, Shoulder Pain to Bunions, and More

Yoga Therapy

Energizing, Rejuvenating, Healing

Yoga of Recovery

Gravity & Grace

Amplify the Healing Power of Your Yoga Practice

Using Movement and Meditation to Manage Symptoms

Women battling infertility is a familiar though still harrowing story these days. Women using yoga to reduce stress and become more aware of its body and its rhythms is another. So it comes as no surprise that yoga is helping women to cope with the physical and emotional stress of infertility and its treatments.

Go beyond the physical exercise of yoga with the founder of the American Viniyoga Institute While there is no denying yoga's popularity as a form of physical exercise, the other life-enhancing aspects of this tradition remain obscure to many Westerners. In Yoga for Transformation, Gary Kraftsow introduces techniques that treat not only the physical body but also the emotions, mind, heart, and soul of the practitioner-the places where real transformation can take place. There are breathing techniques to control energy levels, exercises to train and sharpen the intellect, and meditative practices to help increase self-awareness. With more than 350 black and white photographs throughout, this unique and accessible book is dedicated to strengthening the whole self-body, mind, and spirit.

It's no secret that yoga increases muscular flexibility and strength, but you may not know that yoga is a proven treatment for back pain, knee pain, carpal tunnel syndrome, and other chronic pain conditions. Yoga also helps to ease the stress, anxiety, and depression that can create and reinforce pain, making you feel more comfortable in both your mind and your body. Written by a yoga instructor and former chronic pain sufferer, Yoga for Pain Relief is packed with gentle postures and practical strategies for ending pain. This complete mind-body tool kit for healing also includes deep relaxation practices drawn from the yogic tradition and psychological techniques for helping you make peace with your body and dissolve pain. As the ancient practice of yoga releases the hold that chronic pain has over your life, you will begin to feel more like yourself again.

Accessible Yoga

The Woman's Book of Yoga and Health

A Beginner's Guide to Holistic Wellness