

1. Record Nr.	UNINA990004789570403321
Autore	Ward, Adolphus William <1837-1924>
Titolo	A history of english dramatic literature : to the death of queen Anne / Adolphus William Ward
Pubbl/distr/stampa	New York : Ungar, 1970
ISBN	0-8044-2962-6
Edizione	[2nd ed.]
Descrizione fisica	3 v. ; 22 cm
Disciplina	822.009
Locazione	FLFBC
Collocazione	822.009 WAR 1(1-3)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910154829503321
Autore	Freeman Richard
Titolo	The Art of Vinyasa : Awakening Body and Mind Through the Practice of Ashtanga Yoga
Pubbl/distr/stampa	Boston : , : Shambhala, , 2016 ©2016
ISBN	0-8348-4040-5
Descrizione fisica	1 online resource (238 pages)
Classificazione	HEA025000PHI033000
Altri autori (Persone)	TaylorMary
Disciplina	613.7046
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"A radical presentation of the most rigorous form of contemporary yoga as meditation in motion. The Art of Vinyasa takes a unique look at Ashtanga yoga as meditation in motion that produces profound inner change. Two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic feat, but as a meditative form. They reveal that doing the practice--and particularly the vinyasa, or the breath-synchronized movements--in such a deep and focused way allows practitioners to experience a profound awakening of the body and mind. It also develops an adaptable, flexible practice that can last a lifetime. Freeman and Taylor give an in-depth explanation of form, alignment, and anatomy, and how they work together in the practice. They also present a holistic approach to asana practice that includes an awareness of the subtle breath, and seamlessly merges yoga philosophy with practical technique. Unlike other books on Ashtanga, The Art of Vinyasa does not follow the linear pattern of the sequences of postures that are the hallmark of Ashtanga yoga. Instead, it interlinks the eight limbs--yama and niyama (ethical practices); asana (postures); pranayama (breathing); pratyahara (nongrASPing of the senses); dharana (concentration); dhyana (meditation); and samadhi (harmony, insight)--and shows how to establish an internally rooted

yoga practice. The book will be fully illustrated with fifty halftones by esteemed photographer and cinematographer Robert Muratore, along with thirty illustrations"--

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