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Autore	Clark Bernie <1953->
Titolo	The complete guide to yin yoga [[electronic resource] ] : the philosophy and practice of yin yoga / / Bernie Clark ; foreword by Sarah Powers
Pubbl/distr/stampa	Ashland, OR, : White Cloud Press, c2012
ISBN	1-935952-37-4
Descrizione fisica	1 online resource (313 p.)
Altri autori (Persone)	PowersSarah
Disciplina	613.7046
Soggetti	Yin yoga Yoga
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Table of Contents; Foreword; Preface; Acknowledgements; Introduction; CHAPTER ONE Yin Yoga Defined; Yin and Yang; Yin Tissues and Yang Tissues; The Theory of Exercise; Original Yin; Daoist Yoga; Modern Yinsters; CHAPTER TWO The Practice of Yin Yoga; How to Practice Yin Yoga; The Three Tattvas of Yin Yoga Practice; Stillness of the Body; Holding for Time; Intention and Attention; Ending the Practice; Moving Energy; Nadi Shodhana; Orbiting Energy; CHAPTER THREE Yin Yoga Asanas; Anahatasana; Ankle Stretch; Bananasana; Butterfly; Half Butterfly; Camel; Cat Pulling Its Tail; Caterpillar Child's PoseDangling; Deer; Dragons; Frog; Happy Baby; Reclining Twist; Saddle; Shoelace; Snail; Sphinx & Seal; Square; Squat; Straddle; Swan & Sleeping Swan; Toe Squat; Shavasana; Yin Yoga Poses for the Upper Body; CHAPTER FOUR Yin Yoga Flows; An Easy Beginner's Flow; A Flow for the Spine; A Flow for the Hips; A Flow for the Legs; A Flow for the Shoulders, Arms, and Wrists; A Flow for the Kidney and Urinary Bladder Meridian Lines; A Flow for the Liver and Gall Bladder Meridian Lines; A Flow for the Stomach and Spleen Meridian Lines; A Flow for the Whole Body; Wall Yin CHAPTER FIVE Special SituationsHip & Knee Issues; Hip Replacement; Lower Back Disorders; Having Babies; Pregnancy; CHAPTER SIX The Physical Benefits; Our Tissues; The Limits of Flexibility; Fascia; The Myofascia-Tendon Complex; Tendon Changing; The Deep Fascia; Connective Tissues; Joints; Other Physiological Benefits of Yin Yoga;

Summary; CHAPER SEVEN The Energetic Benefits; A Yogic View; Chakras; A Daoist View; The Organs; The Meridians; A Western View; New Paradigms; The Bag of Soup Model; Meridians Revisited; Acupuncture Revisited; The Nervous System; The Sympathetic Nervous System  
The Parasympathetic Nervous SystemThe Brain on Yoga; Summary of Energetic Benefits; CHAPTER EIGHT The Heart and Mind Benefits; The Benefits of Mindfulness; Paying Attention; Dukkha; Pathing; Watering Flowers; Mindfulness; Summary of Heart and Mind Benefits; Bibliography; index; About the author

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Sommario/riassunto

The Yin Yoga Book provides an in-depth look at the philosophy and practice of Yin Yoga. Clark's fascinating and comprehensive book is divided into three sections:(I) What is Yin Yoga; (II) The Benefits of Yin Yoga, including discussions of anatomy, the energy body, and the heart and mind body; (III) The Practice of Yin Yoga, including illustrated descriptions of 30 yin yoga asanas (poses).Yin Yoga has the same goals and objectives as any other school of yoga; however, it directs the stimulation normally created in the asana portion of the practice deeper than the superficial or muscular tissue

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2. Record Nr.	UNINA9910156217903321
Autore	Smith Fiona
Titolo	Biblical Perspective of East Australian Geology
Pubbl/distr/stampa	Vivid Publishing
ISBN	1-925442-39-X
Descrizione fisica	1 online resource (256 p.)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>This book begins by outlining the scientific evidence for ages of the Earth in millennia (thousands of years) rather than the Megaanni (millions of years) often taught.It outlines features that you would expect by long-age uniformitarian geology compared to 'young Earth' catastrophic (Flood) geology, and how what we see around us satisfies the latter predictions.The second half of the book details a realistic account of the geologic formations in eastern Australian in a time-formation sequence.In the book, the reader will be introduced to many standard geologic terms and concepts that are used in middle and upper high school. These have all been well defined. There is also a glossary at the back to help revise any new terms.At the end of each section there are Review Questions to re-enforce learning for the student or enquiring adult. Answers to these appear at the back.The book also contains many photographs of eastern Australian rock formations. These look best in colour (the eBook). However, even in black and white they still give a good detail.</p>