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| 1. Record Nr. | UNINA9910463101303321 |
| Autore | Kollak Ingrid |
| Titolo | Yoga XXL [[electronic resource]] : a journey to health for bigger people // Ingrid Kollak, RN, PhD |
| Pubbl/distr/stampa | New York, : Demos Health, 2013 |
| ISBN | 1-61705-168-3 |
| Descrizione fisica | 1 online resource (273 p.) |
| Disciplina | 613.7/046 |
| Soggetti | Weight loss Yoga Reducing exercises Electronic books. |
| 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 | Cover; Title; Copyright; Contents; Foreword; Acknowledgments; Part I: How to Use This Book; Chapter 1: Yoga Is for Everybody; Healthy Yogis Come in All Sizes; How Yoga Works; Body Awareness; Self-Awareness and Self-Reliance; Chapter 2: Getting Started; General Notes of Caution; Breathing and Moving; Clothing and Equipment; Finding the Right Yoga Class; Develop Your Own Yoga Practice; Keeping a Personal Journal; The Structure of This Book; Yoga is Joy; Part II: Yoga for People with Bigger Bodies; Chapter 3: Postures Lying on the Back (Supine); Supine Starting Posture; Shanti Asana Lying Palm Tree PostureLying Tree Posture; Modified Crocodile Posture; Hip Joint Rotation; Supine Knee Rotation; Knees to Chest; Supine Arms and Legs Stretch; Spider Posture; Shoulder Bridge; Chapter 4: Postures Lying on the Side; Leg Lift Sideways; Head Lift Sideways; Chapter 5: Postures Lying on the Stomach (Prone) ; Prone Arms and Legs Stretch; Prone Shanti Asana; Sphinx Posture; Cobra Posture; Lying Bow posture; Chapter 6: Seated Postures and Bows; Staff Posture; Seated Posture on a Chair; Head to Knee; Modified Turtle Posture; Head Bow Sideways; Fish Posture; Modified Table Posture Chapter 7: Seated Postures and RotationsHead Rotation; Head and Arm Coordination; Arm Rotation with Outstretched Arms; Arm Rotation with Bent Arms; Hand Lotus Posture; Chapter 8: Kneeling Postures; Sitting |

on the Heels; Cow Posture; Tiger Posture; Threading the Needle Posture; Torso Rotation; Child Posture; Child and Tiger Posture; Modified Folded Leaf Posture; Modified Side Rest; Chapter 9: Standing Postures and Bows; Upright Standing Posture; Hero 2 Posture; Modified Mountain Posture; Triangle in Motion; Half Moon Posture; Hero 1 Posture; Stargazer; Standing Bow Posture
Chapter 10: Standing Postures with Rotations
Torso Rotation; Hip Rotation; Knee Rotation; Twisted Triangle Posture; Chapter 11: Balancing Postures; Palm Tree Posture; Tree Posture; Modified Hero 3 Posture; Chapter 12: Inversions; Modified Shoulder Stand; Legs Up the Wall; Chapter 13: Eye Exercises; Focus Near and Far; The Lying Eight; Cupping and Blinking; Chapter 14: Pranayama; Alternate Nostril Breathing; Tiger Breathing; Camel Posture; Great Gesture; Chapter 15: Relaxing Postures; Kaya Kriya; Yoga Nidra; Chapter 16: Awareness and Meditation; Walking Meditation; Meditation on Your Body
Mantra Meditation
Sound Meditation; Visual Meditation; Silence in the Stream of Your thoughts; Part III: Postures in Flowing Motion; Chapter 17: Swinging Arms; Posture 1: Triangle in Motion; Posture 2: Arm Lift; Posture 3: Arm Rotation; Posture 4: Repeat Posture 2, Arm Lift; Posture 5: Folded Hands; Chapter 18: Fancy Leg and Footwork; Posture 1: Chair Posture with Folded Hands; Posture 2: Chair Posture with Splayed Fingers; Posture 3: Chair Posture with Outstretched Arms; Posture 4: Forward Bow with Stretched Knees; Chapter 19: Arm and Leg Coordination; Posture 1: Hero 2
Posture 2: Folded Arms in Standing Position

Sommario/riassunto

Yoga XXL shows you how to create a safe, enjoyable, and effective yoga practice no matter what your age, size, shape, or physical fitness level. Yoga is not just for the lean and limber. With modified postures and props, everyone can experience yoga's many health benefits including increased flexibility, strength, stamina, balance, energy, and calm. For the person who has never done yoga before or the regular practitioner looking to refine their practice at home, Yoga XXL includes:: Practical information about clothing, mats, and equipment; Over 50 postures in a variety of positions including

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| 2. Record Nr. | UNINA9910453959503321 |
| Autore | Ellis Robert <1946-> |
| Titolo | Ernst Toller and German society : intellectuals as leaders and critics, 1914-1939 / / Robert Ellis |
| Pubbl/distr/stampa | Madison, [New Jersey] : , : Fairleigh Dickinson University Press, , [2013] ©2013 |
| ISBN | 1-61147-636-4 |
| Descrizione fisica | 1 online resource (251 p.) |
| Disciplina | 832/912 |
| Soggetti | Politics and literature - Germany - History - 20th century Dramatists, German - 20th century Authors, German - 20th century Intellectuals - Germany - History - 20th century Electronic books. Germany Politics and government 1918-1933 |
| 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 | Contents; Acknowledgments; Chapter One: Introduction; Chapter Two: The Intellectual as Critic; Chapter Three: "Wandering"; Chapter Four: The Attractions of Ideology; Chapter Five: Revolution of Love; Chapter Six: "A Gentle Apostle"; Chapter Seven: The Critic as Exile; Chapter Eight: Conclusion; Selected Bibliography; About the Author |
| Sommario/riassunto | Between 1918 and 1939 Ernst Toller was one of Germany's prominent left-wing intellectuals. He was a leader of the German Revolution of 1918-1919, famous playwright of the 1920s and best known spokesman against Hitler during the 1930s, writing about a country unsuccessfully balancing between survival and annihilation. This study, the first comprehensive analysis in two decades, shows the influence that intellectuals can have in of a troubled society and asks what qualities make leaders effective. |