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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
