

1. Record Nr.	UNISA990005647890203316
Titolo	Jean d'Alembert, savant et philosophe : portrait à plusieurs voix : actes du Colloque organisé par Centre International de Synthese, Foundation pour la science, Paris, 15-18 juin 1983 / comité scientifique Jacques Roger ... [et al.] ; éd. des actes Monique Emery, Pierre Monzani
Pubbl/distr/stampa	Paris : Editions des archives contemporaines, copyr. 1989
Descrizione fisica	IX, 508 p. : 1 ritr. ; 21 cm.
Collana	Histoire des sciences et des techniques / collection dirigée par Roger Hahn, Maurice Lévy
Disciplina	190.903 3
Soggetti	Alembert, Jean le Ronde : d' <1717-1783> - Filosofia
Collocazione	BB 190.903 3
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910794792703321
Autore	Spence Joanne <1964->
Titolo	Trauma-informed yoga : a toolbox for therapists, 47 simple practices to calm, balance, and restore the nervous system / / Joanne Spence
Pubbl/distr/stampa	Eau Claire, Wisconsin : , : PESI Publishing, , [2021] ©2021
ISBN	1-68373-386-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (213 pages)
Disciplina	616.8521
Soggetti	Yoga - Therapeutic use Mind and body therapies
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover -- Copyright -- About the Author -- Dedication -- Table of Contents -- List of Practices -- Foreword -- Acknowledgments -- Introduction -- Part One-The Philosophical and Practical Why -- Chapter 1: Definitions and Background -- Chapter 2: Foundational Principles -- Chapter 3: Trauma-Informed Yoga: The Basics -- Chapter 4: Polyvagal Theory Essentials -- Part Two-The Practices -- Chapter 5: The Setup -- Chapter 6: Calming Practices -- Chapter 7: Balancing Practices -- Chapter 8: Energizing Practices -- Chapter 9: Visualizations and Meditations -- Epilogue -- Resources -- References.
Sommario/riassunto	Designed with both mental health clinicians and clients in mind, Trauma-Informed Yoga offers 47 short, simple practices that regulate the autonomic nervous system, calm the racing mind, and center those of us living chaotic 21st century lives.