

1. Record Nr.	UNINA9910141280703321
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; CHAPTER 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 System
The 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

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

2. Record Nr.	UNINA9910796434403321
Autore	Anon
Titolo	The AAF in Northwest Africa
Pubbl/distr/stampa	[Place of publication not identified] : , : Pickle Partners Publishing, , 2013 1945
ISBN	1-78289-466-7
Edizione	[Illustrated edition.]
Descrizione fisica	1 online resource (57 pages)
Collana	Wings at War Series ; ; Number 6
Disciplina	940.5423
Soggetti	World War, 1939-1945 - Africa, North - Aerial operations, American
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	The AAF in Northwest Africa focuses on the Allied assault on Northwest Africa and the battle for Tunisia-the critical second front that secured the Mediterranean and increased the enemy's vulnerability to a massive invasion from Britain. From this experience of the Twelfth Air Force and its British counterparts in 1942-43 evolved a spirit of Anglo-American cooperation and important aspects of air doctrine still relevant to today's Air Force.Originally published shortly after key air campaigns, the Wings at War series captures the spirit and tone of America's World War II experience. Eyewitness accounts of Army Air Forces' aviators and details from the official histories enliven the story behind each of six important AAF operations.

3. Record Nr.	UNINA9910872476003321
Titolo	2003 Topical Meeting on Silicon Monolithic Integrated Circuits in RF Systems : digest of papers : [9-11 April, 2003, Grainau, Germany
Pubbl/distr/stampa	[Place of publication not identified], : IEEE, 2003
Disciplina	621.384/12
Soggetti	Integrated circuits - Design and construction Radio circuits - Design and construction Radio frequency integrated circuits Wireless communication systems Electrical Engineering Electrical & Computer Engineering Engineering & Applied Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph