1. Record Nr. UNINA9910450843403321

Autore	Betts Dion E (Dion Emile), <1963->
Titolo	Yoga for children with autism spectrum disorders [[electronic resource]] : a step-by-step guide for parents and caregivers / / Dion E. Betts and Stacey W. Betts ; forewords by Louise Goldberg and Joshua S. Betts
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley, 2006
ISBN	1-280-56663-9 9786610566631 1-84642-498-4
Descrizione fisica	1 online resource (101 p.)
Altri autori (Persone)	BettsStacey W <1964-> (Stacey Waldman)
Disciplina	613.7/046083
Soggetti	Autistic children - Health and hygiene Autistic children - Rehabilitation Hatha yoga for children - Therapeutic use 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.
Nota di contenuto	Yoga for Children withAutism Spectrum Disorders:A Step-by-Step Guide for Parents and Caregivers; Contents; Preface; A note on this book; Foreword by Louise Goldberg; Foreword by Joshua S. Betts; Introduction; 1:How to Use this Guide; Sequence of yoga poses; Modifications of poses and sessions; Demonstrate poses to your child; Ensure that your child is comfortable; A note on breathing; Motivating children with Autism Spectrum Disorders to practice yoga; 2: The Yoga Sequence forChildren with Autism SpectrumDisorders; Warm-up poses; Sitting Pose; Cat Pose; Shoulder Opener Pose; Neck Rolls Mountain PoseChair Pose; Strengthening poses; Triangle Pose; Side Angle Pose; Downward Dog Pose; Warrior I Pose; Warrior II Pose; Standing Forward Bend Pose (A and B); Tree Pose; Release of tension poses; Sphinx Pose; Boat Pose; Bridge Pose; Calming poses; Stick Pose; Seated Forward Bend Pose; Spread Leg Forward Bend Pose; Head-to-Knee Pose; Butterfly Pose; Reclining Butterfly Pose; Seated Spinal Twist Pose; Easy Spinal Twist Pose; Child's Pose; Corpse Pose; 3:Yogic Breathing; Ujjayi Breathing; Skull Shining Breath; Curled Tongue Breath;

	Lion Breath; Alternate Nostril Breathing 4: Shorter Yoga SequencesShort sequence 1; Short sequence 2; References
Sommario/riassunto	This illustrated book combines the authors' professional expertise with their experience of parenting, offering a range of gentle and fun yoga positions and breathing techniques that are effective in dealing with the increased levels of anxiety, disorientation and tactile sensitivity often found in children with autism spectrum disorders (ASDs).

2.

Record Nr.	UNINA9911006513303321
Autore	French Samuel E. <1930->
Titolo	Design of shallow foundations / / Samuel E. French
Pubbl/distr/stampa	Reston, Va., : ASCE Press, 1999
ISBN	0-7844-7039-1
Descrizione fisica	1 online resource (383 p.)
Disciplina	624.1/5
Soggetti	Foundations - Design and construction Soil mechanics Load factor design
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 (p. 365-368) and index.
Nota di contenuto	pt. 1. Types of loads and types of soils -- pt. 2. Response of a soil mass to foundation loads -- pt. 3. Design of shallow foundations on a soil mass -- pt. 4. Related topics in foundation systems.
Sommario/riassunto	This book presents a complete how-to procedure for the design of shallow foundations commonly used with low-rise structures of today's building codes. It offers a detailed presentation of both soils and structures specifically as they relate to shallow foundations, emphasizing soil-structure interaction by matching particular structural designs to particular soil conditions. For soils, the author describes relevant soil properties and soil mechanics at shallow depths. For structures, the author includes a summary of loads on foundations and the deformations produced by such loads. Design procedures apply to

structures less than 65 feet tall and having a natural period of oscillation less than 0.90 seconds. Structural systems include low-rise diaphragm/shearpanel systems, braced frames, and rigid frames. These established and proven methods apply to industries of architecture, construction, engineering technology, as well as civil engineering, and are intended for use by both students and practitioners.