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Yoga Guide Ebook

Stephen Sturgess



Yoga Guide Ebook:

The Yoga Book Stephen Sturgess, 2013-06-06 This title explains the true meaning of yoga and demonstrates the practices and postures of Ashtanga Yoga that should enable the reader to achieve mastery over the mind and body and can eventually lead to self realization *Yoga* Jean Hall, 2003 **The Outdoor Adventurer's Guide to Yoga** Jana Kilgore, 2021-09-01 Discover the power and benefits of yoga for outdoor adventures With The Outdoor Adventurer's Guide to Yoga athletes and explorers can tailor yoga practices to support performance recovery and longevity no matter their sport This fully illustrated guide covers the foundations of yoga anatomy alignment breath work and asana then applies these practices specifically for hiking backpacking cycling climbing paddling and snow sports Incorporate yoga before during and after your backpacking trips and outdoor adventures for greater strength balance connection and recovery Understand the unique anatomical demands of backpacking paddling climbing and more to address and prevent common overuse injuries Learn 88 poses with detailed descriptions instructive photos modifications and tips Follow 21 specific flows and postures of functional therapeutic benefit for backpackers hikers paddlers cyclists climbers skiers and snowboarders Go beyond the physical and develop practices to support holistic health mobility and stability Foreword by Quinn Brett Director of Accessibility National Park Service **The Yoga Book** Stephen Sturgess, 2007 **The Rough Guide to India: Travel Guide eBook** Rough Guides, 2024-01-01 This practical travel guide to India features detailed factual travel tips and points of interest structured lists of all iconic must see sights as well as some off the beaten track treasures Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both ahead of your trip and on the ground This India guide book is packed full of details on how to get there and around pre departure information and top time saving tips including a visual list of things not to miss Our colour coded maps make India easier to navigate while you're there This guide book to India has been fully updated post COVID 19 The Rough Guide to India covers Delhi Rajasthan Uttar Pradesh Uttarakhand Madhya Pradesh and Chhattisgarh Himachal Pradesh Jammu and Kashmir Punjab and Haryana Gujarat Mumbai Maharashtra Goa Kolkata and West Bengal Bihar and Jharkhand Sikkim the Northeast Odisha Andhra Pradesh and Telangana the Andaman Islands Tamil Nadu Kerala and Karnataka Inside this India travel guide you'll find RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to India from off the beaten track adventures in Jaipur to family activities in child friendly places like Kanha National Park or chilled out breaks in popular tourist areas like the Taj Mahal PRACTICAL TRAVEL TIPS Essential pre departure information including India entry requirements getting around health information travelling with children sports and outdoor activities food and drink festivals culture and etiquette shopping tips for travellers with disabilities and more TIME SAVING ITINERARIES Includes carefully planned routes covering the best of India which give a taste of the richness and diversity of the destination and have been created for different time frames or types of trip DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of

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Weisman, Meagen Satinsky, 2024-08-20 The first comprehensive anatomy and yoga practice manual for postpartum pelvic healing a gender inclusive guide to poses practices and exercises for pelvic floor pain dysfunction and recovery Includes full color photos 7 weeks of yoga sequences and an individualized step by step guided self assessment Pelvic floor pain injury and dysfunction are incredibly common among postpartum people but despite the critical importance of ongoing pelvic support and recovery post birth most doctors physical therapists and healing professionals simply aren't equipped to offer helpful personalized advice to ease postpartum symptoms like postpartum pain discomfort urinary incontinence and painful intercourse Rebecca Weisman CIYT CYT and Meagen Satinsky MPT PYT offer the first comprehensive anatomy and yoga practice manual geared toward healing postpartum pelvic issues With full color images accessible tools and step by step poses and breathwork exercises Yoga for Pelvic Floor and Postpartum Health empowers readers to get to know this vital part of their own body and reclaim agency in caring for their own postpartum recovery postural support organ health and sexual function Part 1 Anatomy reviews the anatomy of the pelvis and surrounding regions with a special emphasis on helping you develop a deeper more knowledgeable and more loving connection to your own body Part 2 Sequences of Asana for Practice introduces Iyengar yoga and breathwork practices to support pelvic healing and guides you through a flexible 7 week asana sequence that you can do on your own time and come back to again and again Part 3 Special Topics addresses specific pelvic concerns like painful intercourse perineal tears Cesarean delivery pelvic organ prolapse diastasis rectus abdominis urinary issues pelvic pain during menopause low back pain postpartum depression and anxiety and more Yoga for Pelvic Floor and Postpartum Health is appropriate for any stage of your postpartum journey whether you gave birth vaginally or by Cesarean ten days ten weeks or ten years ago With a guided self assessment full color and 3 D layered graphics and compassionate expert counsel readers can return to specific poses and sequences again and again on their pelvic healing journey **I Love**

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