



Award Winning Yoga Guide

Jenn Carson

Award Winning Yoga Guide:

The Complete Idiot's Guide to Yoga Joan Budilovsky, Eve Adamson, 2003 The Complete Idiot's Guide to Yoga Third Edition walks readers through the basics of stretching breathing and meditation. This third edition is completely reformatted to include twice as many illustrations. 300 A must have for anyone interested in giving yoga a try non intimidating and easy to follow exercise.

Yoga Journal, 1995-02 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives. With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty. *Yoga and Meditation at the Library* Jenn Carson, 2019-05-15 Yoga and meditation have a proven track record of lowering stress levels helping to treat mental health issues such as depression and post traumatic stress disorder building community and contributing to an overall sense of wellbeing in their practitioners. According to recent surveys 1 4 of North American libraries have offered meditation programs and 2 3 have offered yoga classes. Carson a professional yoga teacher and library director has been leading yoga and meditation programs in schools and libraries for over a decade and she presents this guidebook to give others the tools for serving library patrons of all ages and abilities. Inside Yoga and Meditation at the Library you will find 21 program models including choreographed yoga sequences complete with pictures passive program ideas alternative collections suggestions budget considerations literacy tie ins and checklists for prep teardown and follow up as well as advice from real world program delivery. Chapters include What are Mindfulness and Meditation What is Yoga Implementing Yoga and Meditation Programs in Your Library Choosing Resources and Designing Spaces Passive Programs and Alternative Collections Policies and Procedures for Avoiding and Handling Problems Yoga and Meditation for the Early Years Yoga and Meditation for Elementary Age Students Yoga and Meditation for Teens and Young Adults Yoga and Meditation for Adults and Seniors Yoga for Every Body Inclusive Programming through Outreach and Inreach. This book is for any programming librarian administrator yoga and meditation teacher or outreach coordinator looking to boost circulation stats program numbers literacy rates and foster health and wellness in their community.

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The Business of Yoga Katy Appleton,Natasha Moutran,2022-11-21 Many yoga teachers feel overwhelmed when it comes to grappling with the marketing and entrepreneurial aspects of their yoga business With the market for yoga teachers becoming increasingly saturated it is crucial that yoga teachers understand what makes their offering unique to implement a focussed business strategy This part guide part workbook helps yoga teachers bridge the gap between the spiritual essence of being a yoga teacher and the financial viability of their business and is based on the authors two decades worth of experience Covering everything from the nuts and bolts of starting out as a yoga teacher to navigating social media there is something for everyone whether you're just starting out on your journey or trying to propel your career to the next level This book is part of the series **Yoga Teaching Guides** which provides expert information on essential topics as well as ideas for creative teaching

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