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Move, Connect, Play is a book detailing the core principles of Acroyoga, a practice that melds the spectacle of circus arts with the healing power of massage and the breathwork of yoga. Get ready to learn how to fly. AcroYoga is a movement practice that combines the balance and connection of yoga with the fitness and intensity of acrobatics, as well as the holistic healing power of physical therapy. People come to it for all kinds of reasons—they may have chronic pain and are looking for a long-term solution to manage it, they may want to lose weight, gain muscle or increase their mobility, or maybe they just want to experience it with their friends or partners to deepen their relationships. Some even just want to have some fun together. In Move, Connect, Play, pounder of AcroYoga International Jason Nemer shares the core principles of AcroYoga for athletic performance and for life, as well as 10 key areas of training (strength, flexibility, technique, balance, breath, gravity, relationships, mental, emotional, and sustainability). He also offers specific exercises and routines for how to train safely and

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effectively in each area. This is a book that millions of AcroYogis around the world have long been waiting for, and one that is an essential read for high-performance athletes, weekend health warriors, and spiritual seekers alike.

Learn detailed step by step instructions of his revolutionary form of inversion therapy. Also many other life transformation techniques and exercises that have helped the authors in their spiritual, emotional and physical evolution. These simple tools will help one to achieve maximum results with minimal effort.

A look at Chinese filmmaking in the post-1989 American diaspora

A history of yoga's transformation from sacred discipline to exercise program to embodied spiritual practice • Identifies the origin of exercise yoga as India's response to the mania for exercise sweeping the West in the early 20th century • Examines yoga's transformations through the lives and accomplishments of 11 key figures, including Sri Yogendra, K. V. Iyer, Louise Morgan, Krishnamacharya, Swami Sivananda, Indra Devi, and B. K. S. Iyengar • Draws on more than 10 years of research from rare primary sources and includes 99 illustrations In *The Path of Modern Yoga*, Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime for middle-class Indians in the early 20th century and then gradually transformed over the course of the 20th century into an embodied spiritual practice--a yoga for our times. Drawing on more than 10 years of research from rare primary sources as well as recent scholarship, Goldberg tells the sweeping story of modern yoga through the remarkable lives and accomplishments of 11 key figures: six Indian yogis (Sri Yogendra, Swami Kunalayananda, S. Sundaram, T. Krishnamacharya, Swami Sivananda, and B. K. S.

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Iyengar), an Indian bodybuilder (K. V. Iyer), a rajah (Bhavanarao Pant Pratinidhi), an American-born journalist (Louise Morgan), an Indian diplomat (Apa Pant), and a Russian-born yogi trained in India (Indra Devi). The author places their achievements within the context of such Western trends as the physical culture movement, the commodification of exercise, militant nationalism, jazz age popular entertainment, the quest for youth and beauty, and 19th-century New Age religion. In chronicling how the transformation of yoga from sacred discipline to exercise program allowed for the creation of an embodied spiritual practice, Goldberg presents an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga.

Now in its second edition, *Instructing Hatha Yoga* is a comprehensive guide to developing the knowledge and qualities of a confident and truly qualified yoga instructor. The updated edition includes revised poses complete with instructions, a web resource, and sample children's and prenatal classes.

This fascinating anthology presents a much wider scope than other books on Thai massage, and uncovers a wealth of previously unavailable information on the historical, spiritual, and cultural connections to this powerful healing art. Topics include ways to refine and maintain a healthy practice, breathwork and body mechanics, self-protection techniques, reading body language, acupressure concepts, and Thai herbal compress therapy. The spiritual and cultural section offers modern translations of ancient texts, Indian and Buddhist influences, magic amulets and sacred tattoos, and accessory modalities such as reusi dat ton (stretching) and tok sen (hammering therapy). Rounding out this thorough text, the final section features essays about actual practice with clients, written by therapists and teachers from around the world. The extensive experience and information provided in this

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reference book is invaluable to students or practitioners who wish to deepen their personal and professional understanding of traditional Thai healing arts.

I'm done, Father, Keep your crown, I swear you'll never bring me down! I am not queen material! Once, in opposing kingdoms lived a princess and a prince who had lost their mothers. Althea, unable to cry, became light with grief and floated, and so was locked away. Digby, so heavy-hearted that he could never smile, one day declares war. Althea, forced out of hiding, escapes, only to encounter the solemn prince on contested land and the warring heirs begin a passionate affair. But for Althea to find real love, she must first face her own deepest fears.

Use posture and body alignment to build strength, achieve peak performance, reduce pain, and find a new sense of confidence with celebrity manual therapist and movement coach Aaron Alexander. Good posture is about more than standing up straight: It can change your mood, alleviate pain, rid your body of stressful tension, and may be the difference between getting that raise you've wanted and attracting your ideal mate, or not. But in order to reap all those benefits, the body must be properly integrated. Celebrity movement coach and manual therapist Aaron Alexander offers a revolutionary approach to body alignment to build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible. The Align Method centers on five daily optimizations that can be easily integrated into any workout, mindfulness practice, or daily life activity: Floor Sitting Hanging Hip-Hinging Walking Nose Breathing A truly aligned life isn't limited to sweating in a gym or stretching in a yoga studio, and Alexander provides the fundamental principles to optimize your physical and mental process in any situation. Blending Eastern philosophy with Western mechanics, The Align Method

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brilliantly outlines the necessary tools to leverage the power of your own senses and body language to feel more flexible and confident, and details exactly how to reshape your environment for enhanced creativity and longevity. This is the quintessential user's manual to feeling better than you ever thought possible, and looking great while you're at it!

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