Yoga Planet

50 Fun Activities for a Greener World



Tara Guber and Leah Kalish
Illustrated by Sophie Fatus

Yoga Planet Deck Yoga Cards

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Yoga Planet Tara Guber, 2016-03 A companion volume to the bestselling Yoga Pretzels this innovative product combines yoga poses activities and ideas to inspire children to have fun stay healthy and grow more aware of how to care for Yoga for Speech-Language Development Susan E. Longtin, Jessica A. themselves and our planet Fitzpatrick, 2017-03-21 This is the first book to present yogic practices and resources for enhancing speech language development in young children from birth through to age 12 With easy to carry out exercises and demonstrative photographs throughout this innovative approach can be used to improve a range of speech language issues 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 ProblemsYoga 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 Yoga Planet Tara Lynda Guber, Leah Kalish, Sophie Fatus, 2008-09-01 Whether you are seven or fifty seven whether you already practice yoga or want to learn these informative and attractive cards are the ideal answer They give detailed step by step instructions on how to perform the poses but also increase environmental awareness with tips on how to reduce our impact on the fragile planet Yoga Journal ,2004-11 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 Journal**, 2005-07 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

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Yoga Cards Loretta McArthur, Tim Clark, 2002 A yoga card deck of 64 cards designed to help you develop routines appropriate to your individual needs Updated to include popular postures the cards are accompanied by a booklet which introduces the techniques of yoga and presents instructions for getting into and maintaining 57 postures Betsy Rippentrop Ph.D., Eve Adamson, 2020-11-03 Renew your life force with the chakras seven energy centers Chakras seven power sources corresponding to your nervous system are capable of revitalizing your body and restoring your spirit and they re all natural so no need for any caffeine or sugar This book will show you how to use these seven energy sources to instill a healthy balance and a happy life You ll find clear information on what charkras do simple practices to open and align your chakras tips on using chakras to feel better in all aspects of your life methods of measuring your chakras and their energy patterns and even techniques to reveal any hidden chronic pain or anxiety you may have Let the pages inside this book energize the power inside of you The Complete Idiot's Guide to Chakras Betsy Rippentrop, Ph.D., Eve Adamson, 2009-07-07 Get into the spirit of chakras In the last decade as Westerners have become more familiar with Eastern medicine the term chakra has entered the mainstream lexicon The Complete Idiot's Guide to Chakras introduces both the major and minor chakras energy centers along the nervous system that are said to revitalize both the body and the spirit and explains their qualities the signs of balance and imbalance and the healing techniques for each teaching readers how to enjoy healthier lives The most comprehensive and up to date guide on the subject Realigning your chakras is popular in spas yoga massage Reiki Do Yoga Anywhere ,2019 The Yoga Deck (Updated Edition) Olivia H. Miller, 2026-03-03 Explore the benefits of yoga with the 25th anniversary edition of the classic bestselling Yoga Deck perfect for beginners and seasoned yogis alike This 50 card deck includes some of the most traditional and beneficial poses considered integral to a hatha yoga practice including 6 breathing exercises pranayama 6 warm up stretches 32 postures asanas 6 meditations dhyana Fully refreshed with a new design and updated with 17 all new cards and revised content throughout this handy deck helps you create a yoga practice that suits your specific needs anytime anywhere The 16 page companion booklet details the benefits of yoga and provides an overview of the cards in the deck as well as recommended sequences for strength flexibility and relaxation Packaged in a compact portable box with a hinged lid this full color deck is an empowering tool and a thoughtful self care gift for yourself or the yoga enthusiast in your life Includes 50 cards and a 16 page guidebook THE BENEFITS OF YOGA Improve and maintain your flexibility strength and balance and counteract the stresses and challenges of modern life With cards dedicated to breath warm ups yoga postures and meditations this deck will help you focus de stress and practice intentional nourishing movement Intended for all levels these cards offer practical guidance on the journey to a healthier life FOR ALL AGES FITNESS LEVELS Many postures offer modifications for more or less of a challenge ensuring that people of

different ages and physical abilities can safely use the deck The cards include the names of the poses in English and in Sanskrit when applicable and can be used as flashcards or for teacher training too EASY TO USE Each breath posture and meditation card includes an illustration easy to follow step by step instructions a list of benefits and an affirmation Create a yoga practice that focuses on your specific needs time and energy You may opt for a complete yoga session building your own sequence or following one from the booklet or you can select just a few poses for a shorter session You can work on specific areas e g neck and shoulders hips or lower back or pick at random for a more serendipitous practice KNOWLEDGEABLE AUTHOR Olivia H Miller has authored several wellness and exercise card decks as well as a hatha yoga reference book She is a registered yoga instructor and leads workshops and classes about energy balancing and wellness techniques Perfect for Yoga enthusiasts of all levels beginners to advanced Anyone interested in breathwork meditation and mindful movement Mind body spirit enthusiasts People interested in self care and holistic healing Desk workers who need breaks to stretch and calm their minds Gift or self purchase as a transformative tool for a happier and healthier life Fans of the original Yoga Deck The Stretch and Breathe Deck and Yoga Dice Yoga: The Poetry of the Body Rodney Yee, 2003-05-30 From today s most popular instructor and author of the bestselling Yoga The Poetry of the Body comes an all new training tool Yoga The Poetry of the Body 50 Card Practice Deck These beautiful cards feature portable informative and stunning yoga instructions Each of the 50 cards features photographs and instructions with tips on alignment and breathing as well as poetic insights into the subtle energies of the pose Cards are sequenced to create a real yoga class if users follow from beginning to end they will have completed a class as Rodney would teach in his yoga studio Rodney Yee s yoga cards offer a complete Yoga workout without books or videos and are perfect for yoga students at any skill level Lonely Planet Colorado Lonely Planet, Benedict Walker, Greg Benchwick, Carolyn McCarthy, Christopher Pitts, Liza Prado, 2018-05-01 Lonely Planet The world's leading travel quide publisher Lonely Planet Colorado is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Hit the slopes in Aspen discover the Old West in Durango or marvel at the splendor of the Rockies all with your trusted travel companion Get to the heart of Colorado and begin your journey now Inside Lonely Planet Colorado Color maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience sports the arts literature festivals wine hiking the old west snow sports distilleries wildlife politics ranching mining marijuana Native American history and culture Covers Denver Boulder Rocky Mountain National Park North Colorado Vail Aspen Central Colorado San Luis Valley Southeast Colorado and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between

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