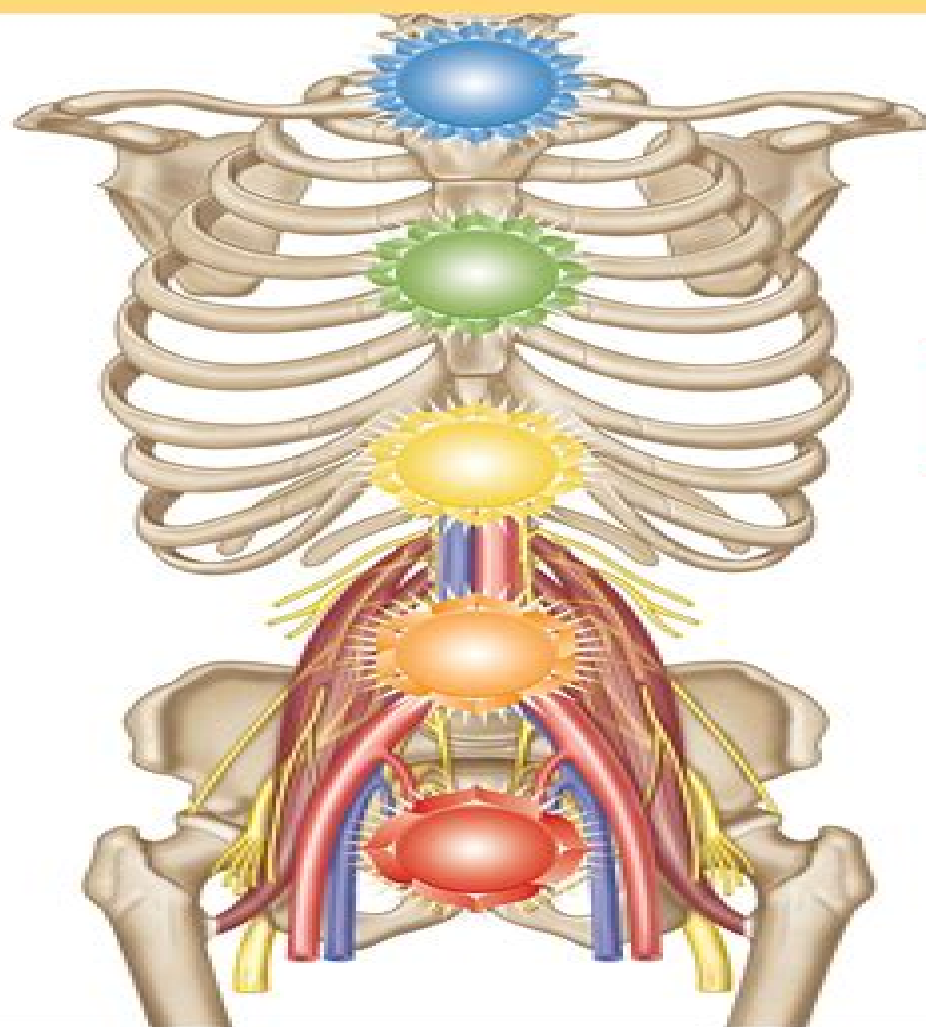


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The Vital Psoas Muscle

Connecting
Physical, Emotional,
and Spiritual
Well-Being

Jo Ann Staugaard-Jones

*Author of The Anatomy of Exercise and Movement
for the Study of Dance, Pilates, Sports, and Yoga*

The Vital Psoas Muscle Connecting Physical Emotional And Spiritual Well Being

Mark Stephens



The Vital Psoas Muscle Connecting Physical Emotional And Spiritual Well Being:

The Vital Psoas Muscle Jo Ann Staugaard-Jones, 2012-08-21 Located deep within the anterior hip joint and lower spine the psoas major usually just referred to as the psoas is critical for optimal postural alignment movement and overall well being The psoas is the only muscle in the human organism that connects the upper body to the lower body and its importance extends to the nerve complex and energy systems As modern day populations grow more sedentary psoas related lower back and hip pain and the ailment of sitting too much are on the rise Even the most active of athletes can suffer from psoas imbalance and pain The Vital Psoas Muscle demonstrates how to keep the muscle in balance through specific exercises designed to strengthen and utilize this amazing muscle and discusses its vital role in the emotional and spiritual state of the human being The interconnection between the psoas and the root chakra is explored along with yoga poses and postures that stimulate the psoas Eighty full color illustrations depict anatomical details and show the key stretching and strengthening exercises in this practical and comprehensive treatment of the most important skeletal muscle in the human body **Your**

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linked to the psoas This book will teach you about the Psoas and its core function within the body as well as how to release the psoas muscle for immediate relief from chronic pain Exploring the Connection Between Mind and Body – Understanding How Mental and Physical Health Are Intertwined Namaskar Books,2024-11-18 Unlock the secrets to a healthier more balanced life with Exploring the Connection Between Mind and Body Understanding How Mental and Physical Health Are Intertwined This enlightening book explores the powerful link between mental and physical health and how one can significantly impact the other What if the key to better health lies in understanding how your mind and body work together This book delves into the science behind this connection offering insights into how mental well being can improve physical health and vice versa But here s the truth Mental and physical health are inseparable and understanding their interconnectedness is the first step to achieving true wellness Whether you re seeking to manage stress boost energy or improve overall health this book provides practical strategies and techniques to help you cultivate both mental and physical strength Learn how to integrate mindfulness exercise nutrition and mental health practices into a holistic approach to well being With actionable advice and real life examples you ll discover how small changes can have a profound impact on both your mind and body Are you ready to create a healthier more balanced life Open Exploring the Connection Between Mind and Body and discover how the power of mind body harmony can transform your health Embrace the mind body connection and take your health to new heights This book is your guide to achieving lasting wellness Start your journey to better health today Purchase Exploring the Connection Between Mind and Body now and experience the benefits of a balanced mind and body *Somatic Intelligence* Suresha Hill Ed.s.,2016-01-14 Hundreds of millions of people leave work every year in 3 preventable types of pain costing hundreds of billions of dollars in medical bills and time lost in productivity Billions more suffer in other types of pain that are more responsive to improvement than given credit for In the body mind connection you have to be present to win There is a simple yet ancient way to maintain or regain your health that nearly every modern therapeutic system has developed from Every performing art has been enhanced from these methods as well as each of these somatic pioneers had their aha moments while inquiring about how to improve the art and science of well being and its expression through the body Your body is dying for you to know these methods and we can barely afford not to The easy to learn methods as well as the evidence currently known about why they work are described in this book Every type of well being whether it s physical mental emotional or spiritual happens through the body However what happens in the body will be according to its programming or conditioning unless we guide and shape its responses Learning how to shape and educate our system in the direction of its innate health and joy is invaluable There are many types of intelligence that are key to our health and well being Somatic or body intelligence is one of them and spiritual intelligence is as vital because that s what we are at our depths Our bodies are extremely sensitive and responsive if we learn how to connect with it Although we use our bodies constantly we are rarely taught to experience ourselves from the other side of the looking glass from within

Whether we're working at a desk gardening or involved in other physical activities like yoga pilates dance and sports our bodies are usually on automatic pilot I am one of those very active people whose mind was always on the action instead of the actor As a mother dancer athlete martial artist and manual therapist until I trained in a somatic education course that included self sensing my use of the inner world of proprioception was unconscious Waking up to it has transformed not only my physical life but those of all the thousands of clients I've subsequently worked with It's an invaluable journey that continues to heal balance integrate and amaze An ambitious and sweeping survey of spirit and cellular grit that can help ALL students of the body whether professionals or explorers to understand the many factors that allow us the freedom to have more control over our destiny than we were ever led to believe I know of no other book that weaves the historic view with the latest research in biochemistry neurobiology and electricity to help us understand the fullness of our biological embodiment in the light of transcendent experience J Olivier founder Institute for Conscious Bodywork An easy to comprehend evidence based guide to sensory and somatic intelligence Suresha continues to guide us to a higher level of consciousness The next step in the body mind integration continuum Dr M Lindauer B A M Sc D C Suresha Hill brilliantly presents how ancient healing values can cross pollinate with modern day science Her explorations and research into the dimensions of somatic intelligence are an elegant synthesis of sincere inquiry Her book is truly an inspirational guide to anyone who is ready to change from the inside out Hasso Wittholdt Mueller Hp German Naturopath Health Coach

Decoding **The Vital Psoas Muscle Connecting Physical Emotional And Spiritual Well Being**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Vital Psoas Muscle Connecting Physical Emotional And Spiritual Well Being**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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