



Yoga *for* Equestrians

**A New Path for
Achieving Union
with the Horse**

Linda Benedik &
Veronica Wirth

Yoga For Equestrians A New Path For Achieving Union With The Horse

Louis Komjathy



Yoga For Equestrians A New Path For Achieving Union With The Horse:

Yoga for Equestrians Linda Benedik, Veronica Wirth, 2000 This programme of yoga for equestrians should help build a stronger mind body connection for improved performance All the exercises are demonstrated with detailed photographs The easy to follow instructions and photographs guide you through asana postures and pranayama breathing exercises plus a variety of unmounted and mounted awareness exercises visualizations and meditations aim to enhance your riding skills Versatile yoga routines that can be performed by riders at the stable at home or at a show are designed for warming up and cooling down and the book offers biomechanical descriptions and detailed illustrations that describe the three areas of a rider's body centre upper body and lower body which are followed by specific postures to help prepare your body for riding and achieve a balanced seat

Taming the Wild Horse Louis Komjathy, 2017-03-21 In thirteenth century China a Daoist monk named Gao Daokuan 1195-1277 composed a series of illustrated poems and accompanying verse commentary known as the Daoist Horse Taming Pictures In this annotated translation and study Louis Komjathy argues that this virtually unknown text offers unique insights into the transformative effects of Daoist contemplative practice *Taming the Wild Horse* examines Gao's illustrated poems in terms of monasticism and contemplative practice as well as the multivalent meaning of the horse in traditional Chinese culture and the consequences for both human and nonhuman animals The Horse Taming Pictures consist of twelve poems ten of which are equine centered They develop the metaphor of a wild or untamed horse to represent ordinary consciousness which must be reined in and harnessed through sustained self cultivation especially meditation The compositions describe stages on the Daoist contemplative path Komjathy provides opportunities for reflection on contemplative practice in general and Daoist meditation in particular which may lead to a transpersonal way of perceiving and being

Yoga Journal, 2001-05 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

Equus, 2002-07 **Yoga** Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master's theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest

Yoga and the Wisdom of Menopause Suza Francina, 2003-04-20 Hormone Treatment Is Called Harmful Washington Post 7 10 02 Estrogen Use Linked to Higher Cancer Risk Boston Globe 7 17 02 31 2 million women facing menopause in America are concerned by

these headlines Most women today will live over one third of their lives post menopausal but what about the age old solution of hormone replacement therapy In 2002 the U S government halted a major study of hormone therapy because it increased the risk of invasive breast cancer Now millions of women are left wondering whether they should approach menopause without hormones suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic Suza Francina has a simpler solution Yoga In this practical book Francina a leading yogi and author of The New Yoga for People Over 50 shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience both physically and spiritually Included are easy to follow indexed photos of yoga poses that alleviate key menopausal problems including hormonal changes hot flashes irregular bleeding fibroids stress and anxiety mood swings depression and fatigue bone loss heart disease and cancer Francina delivers a timely and truly heartening message to women you don t have to get weaker or depressed when facing menopause it can truly be an empowering restorative time **Open Your Heart with Pets** Janice Marie Phelps,2008 There is a difference between acquiring and having a pet and opening one s heart to a pet Open Your Heart with Pets explores this difference helping you to get the most of your experience with your pet or with someone else s if you are not able to have your own right now This book will Help you to understand the emotional mental and spiritual benefits of caring for a pet Provide you with many resources to initiate and continue the heart opening process throughout the pet s life and beyond Assist you in understanding what pet is the best choice for you Book jacket **American Book Publishing Record** ,2001 **The British National Bibliography** Arthur James Wells,2001 **Forthcoming Books** Rose Arny,2000

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