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RESTORATIVE POSES
FOR DEEP RELAXATION



Kristen Rentz

Illustrations by Kajah Jacobs

Yoganap Restorative Poses For Deep Relaxation

Sandy Blaine



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YogaNap Kristen Rentz,2005-09-27 Millions of Americans work all day and worry all night then wake up get back on the ride and do it all over again As a yoga instructor who is also an entertainment lawyer Kristen Rentz understands what it means to feel wound up and stressed out She initially developed her YogaNap program to help herself deal with the physical and mental rigors of law school and quickly found that her students and peers eagerly gravitated to her methods Using props to support the body the YogaNap system holds readers in restorative yoga poses that are appropriate for everyone regardless of age or flexibility YogaNap yields a deeper level of relaxation than an afternoon snooze leaving the body feeling calm almost weightless and thoroughly stress free *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 for Computer Users** Sandy Blaine,2016-08-01 An ever increasing number of people depend on computers for both work and entertainment which means an ever increasing number of hours spent slumped in a chair and an ever increasing number of hand wrist neck and shoulder injuries Yoga for Computer Users offers a new kind of preventive self care It contains twenty three illustrated poses and exercises plus breathing and relaxation techniques that increase circulation and range of motion prevent injuries to the upper body improve posture and avert energy stagnation They can be performed regardless of age or yoga experience and are combined in sequences ranging from quick five minute stretching breaks that can be done while at the computer to more intensive thirty minute sessions designed for morning energy and evening relaxation A special Everyday Yoga section presents lifestyle tips that help readers learn to alternate mouse hands strengthen their core stretch throughout the day and schedule time for joy **Understanding Cholesterol** Judy Monroe Peterson,2010-08-15 Explains the importance of controlling cholesterol in maintaining a healthy body and provides nutrition and exercise tips for lowering levels of bad cholesterol in the body *Yoga Journal* ,2006-10 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 **Spa** ,2009 **Yoga Therapy for Stroke** Arlene A. Schmid,Marieke van Puymbroeck,2018-09-21 A guide to yoga therapy for post stroke rehabilitation this book is for yoga teachers and yoga therapists but also for occupational recreational physical and speech therapists who work with people with stroke and may

integrate yoga into their practice Rooted in evidence based research and written by two yoga teachers who are also academics and researchers in rehabilitation the book provides basic information about stroke and neuroplasticity discusses the mind body disconnect that often occurs after stroke and provides instruction on how to improve balance strength and range of motion It also covers effective meditation techniques to help overcome the stress and emotional impact of stroke Clear photographs demonstrate yoga postures and activities specifically adapted for stroke patients alongside case studies

Restore and Rebalance Judith Hanson Lasater,2017-12-26 Restorative yoga teacher Judith Hanson Lasater offers a program of yoga poses to help rebalance your mind and body and counteract the effects of chronic stress Restorative yoga offers the body a chance to rest deeply and revitalize Whether you are feeling weak fatigued stressed from daily activities or simply need to slow down and tune into your body this wonderfully adaptive practice is essential for well being Many of the practices are simple and accessible for people of all ages and in all states of health using props that are readily available like pillows and chairs These deeply relaxing poses help you rebalance your mind and body create feelings of wellbeing and counteract the effects of chronic stress recover from injury or illness lower blood pressure and elevate and stabilize your mood Discover how just a few minutes a day of active supported rest can improve your mood your energy and your sense of physical comfort and ease

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Restorative Yoga for Better Sleep Helenna Lemann,2024-04-16 Tossing and turning all night unable to find the restful sleep you crave Say goodbye to sleepless nights and hello to rejuvenating rest with Restorative Yoga for Better Sleep Relaxing Poses for Deep Restorative Rest Designed for those struggling with insomnia or restless sleep this transformative book offers a simple yet powerful solution to your nighttime woes Dive into a world of relaxation and tranquility as you explore a series of restorative yoga positions carefully crafted to promote deep restorative sleep Discover the soothing power of restorative yoga as you unwind with gentle poses and postures designed to ease tension quiet the mind and prepare the body for a night of uninterrupted slumber From the calming Yin Yoga Dragon Pose to beginner friendly sequences each pose is thoughtfully selected to help you release stress and anxiety paving the way for a blissful night s sleep But this book is more than just a collection of yoga poses it s your

ticket to a restful rejuvenating night's sleep With expert guidance and clear easy to follow instructions you'll learn how to create a personalized bedtime routine that works for you setting the stage for deep relaxation and peaceful sleep Bid farewell to restless nights and wake up feeling refreshed revitalized and ready to take on the day Say hello to better sleep with Restorative Yoga for Better Sleep Relaxing Poses for Deep Restorative Rest Transform your bedtime routine and reclaim your right to a good night's sleep order your copy today and start sleeping soundly tonight

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