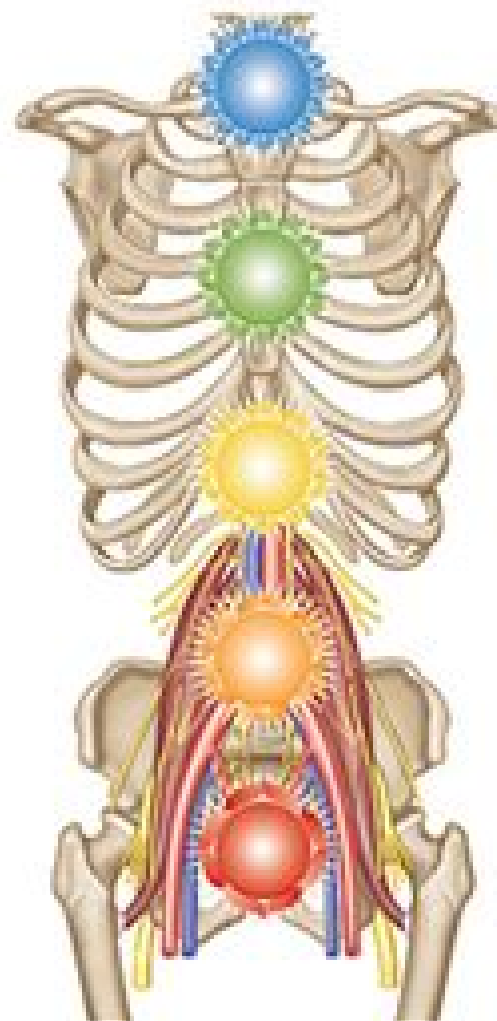


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The Vital Psoas Muscle

Connecting
Physical, Emotional,
and Spiritual
Well-Being

Jo Ann Staugaard-Jones

*Author of The Anatomy of Exercise and Movement for the Study of Dance,
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years we have been overlooking a crucial element of the body fascia that holds the key to allowing you to live pain free Many of us think of the human body as a static mechanical system of muscles attached to a skeleton What is missing from this picture is the tissue that unites all the parts the fascia a seamless web of dynamic connective tissue that surrounds all muscles bones organs and even cells When one part of the fluid fascial web moves the rest of the body responds When we learn how to connect to this system through subtle movements we open up a world of understanding of how our bodies are designed to work with us not against us to support an easy and pain free life This book will teach you how to feel and embody this new anatomy by connecting to your dynamic center of gravity or the Core Hug and to a vertical line of muscles and fascia that runs deep through the body the Vertical Core When you connect to the Core Hug and the deep Vertical Core using movement your body is able to suspend itself and sustain that suspension over time Your body is already brilliantly designed to support you The architecture is within you The key is to access that brilliant design and work with it Through stunning imagery and simple movement techniques this book teaches you how to use the natural architecture of your body bones fascia and movement to align balance and support you so that you can move with ease and live without pain

The Concise Book of Yoga Anatomy Jo Ann Staugaard-Jones, 2015-09-29 The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice The book is visually designed in quick reference format to offer useful information about the main skeletal muscles that are central to yoga with asanas to demonstrate the particular muscles and muscle groups Over 230 full color illustrations detail each muscle's origin insertion and action in order to clearly reveal how the muscles come into play in the movements and postures of yoga Knowledge of yoga anatomy is paramount to the ability to teach or practice with no injury to oneself or others With this foundation in place it is possible to focus on the spiritual element of yoga as well as the physical Yoga is a union of the two so where appropriate the more profound side of the practice is mentioned as it relates to the body The Concise Book of Yoga Anatomy illustrates the form and function of the muscles first then interlays the muscles into the yoga posture for full understanding in a clear and integrated way explaining the technique of the asanas as well as other important aspects of yoga pranayamas the bandhas and chakras

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And Breathe Rebecca Dennis, 2017-09-05 Boost Energy Combat Stress and Improve Heart Health Breathing is something we all know how to do And yet the majority of us lose our natural ability to breathe fully we are conditioned from an early age to control our feelings and emotions and as a result our muscles tighten and our breathing patterns become restricted The impact on our mental and physical well being is huge Breath coach Rebecca Dennis shares the deep diaphragmatic breathing

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Majesteria is an inspirational story about one woman s transformation through the seven years of menopause It s a story about mental breakdown and recovery about finding new purpose and falling in love It s about horses and sisters and women s love for one another An honest and touching spiritual memoir from one of the first female vicars in the Church of England Majesteria offers guidance and reflections on how one woman negotiated the change of life It s a rollercoaster ride that takes Melanie from England to Wales to Scotland Eventually she and her husband leave everything behind to live nine months in a motorhome in search of freedom Wherever you are on your life s journey and whatever your spiritual background this is a hope filled book to energize and invigorate **Learning to Breathe, Learning to Live** Sharon Harvey

Alexander,2017-08-16 Breathing and visualization are profound tools for navigating our way through even the busiest or messiest of lives Much like a trusty compass leading an outdoor enthusiast to a desired destination these practices guide one into and through the inner world Apply the beneficial and easy to use practices found in this book and watch stress melt away The result will be that your health your relationships and even your career may blossom in beautiful and unexpected ways **Teaching Yoga, Second Edition** Mark Stephens,2024-04-02

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