

[MOBI] La Scimmia Yoga Esercizi Per Principianti

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La scimmia Yoga-Sara Bigatti 2014-06-18T00:00:00+02:00 Con il suo approccio nuovo, gioioso, semplice ma efficace, questo libro rivoluziona una delle discipline più antiche del mondo, partendo dal presupposto che lo Yoga è di tutti e per tutti, e che si può intenderlo anche come un percorso giocoso, una buona "ginnastica" che rassoda, distende e armonizza il corpo e, cosa magnifica, anche la mente. Organizzato come un vero corso, con una serie di sequenze che possono essere praticate singolarmente o insieme, "La Scimmia Yoga" entra nel vivo della pratica offrendo consigli e soluzioni per affrontare la giornata con più energia e buon umore, per essere belli, oltre che brillanti; per ritrovare il sorriso e la vitalità e, perché no, anche la gioia ristoratrice di un buon sonno. Questo libro è a tutti gli effetti un invito a ritrovare la serenità interiore e la forma esteriore!

La scimmia di pietra-Jeffery Deaver 2013-05-08 Kwan Ang, noto come "lo Spettro" nel mondo del crimine organizzato cinese, è uno spietato trafficante di uomini, braccato dalla polizia di New York, dall'FBI e dall'Ufficio Immigrazione. Ora si sta avvicinando a Long Island per sbarcare un carico di clandestini. Grazie a una brillante intuizione di Lincoln Rhyme, la Guardia Costiera riesce a localizzare per tempo la nave, ma il malvivente non esita a farla esplodere, con tutti i suoi disperati passeggeri a bordo. Qualcuno però è scampato al naufragio e potrebbe testimoniare contro di lui. Kwan Ang deve assolutamente eliminare i superstiti. Sulla sua strada ci sono Lincoln e Amelia, decisi a raggiungere prima di lui le potenziali vittime, affiancati da un enigmatico collega giunto dall'Estremo Oriente. Una partita di astuzia e logica che dura quarantotto ore, prima del drammatico confronto finale.

Zen per immagini. Esercizi dei meridiani per una vita sana-Shizuto Masunaga 2002

La scimmia ubriaca-William L. Mikulas 2016-03-23 Questo libro ci insegna che il miglior rimedio per non cadere vittime dell'ansia e della frustrazione, è imparare a mantenere la mente calma, focalizzata e libera da pensieri indesiderati. Nel frenetico mondo odierno, infatti, la mente può spesso comportarsi come una scimmia ubriaca - irrequieta, tesa, fuori controllo. Attingendo alle psicologie e alle tradizioni spirituali sia occidentali che orientali, La scimmia ubriaca fornisce istruzioni pratiche e complete su come sviluppare e migliorare tre fondamentali funzioni della mente: concentrazione, consapevolezza e flessibilità. Seguendo questo pratico corso, scopriremo il potere degli esercizi di respirazione basati sulla scienza del pranayama e applicheremo la meditazione ed altre pratiche per lo sviluppo della consapevolezza alla nostra vita quotidiana. In questo modo, vedremo gradualmente svilupparsi la nostra capacità di concentrazione e la nostra creatività, vivremo una vita più consapevole e ci avvicineremo al nostro risveglio spirituale. Progredendo attraverso i cinque livelli illustrati nel libro, diverremo più sani nel corpo, nella mente e nello spirito.

Hatha e Raja Yoga-Yogi Ramacharaka 2020-12-18 Lo Hatha Yoga La concezione che solitamente gli occidentali hanno di uno yogi è quella di un uomo magro, mal nutrito, fiacco estenuato, che pensa pochissimo al cibo, che si sforza di restare il più a lungo possibile digiuno, che considera l'alimentazione una questione troppo materiale e troppo lontana dalla spiritualità alla quale tende. E' una concezione questa, tanto comune quanto sbagliata. Un vero yogi considera la nutrizione come il primo dovere verso il proprio corpo, ha cura di mantenerlo sempre debitamente nutrito e badando che la provvista di cibo nuovo e fresco sia almeno uguale alla materia eliminata e distrutta. In pratica la filosofia yoga, e lo Yoga in particolare, ci insegna che l'uomo non deve vivere per mangiare, ma mangiare per vivere. Nella scelta dell'alimentazione gli orientali non seguono una regola precisa, ma evitano di mangiare soprattutto carne di maiale e di vitello, cibi troppo cotti e troppo grassi o cucinati troppo elaboratamente. Anche la dietetica moderna tiene conto degli insegnamenti orientali e consiglia di attenersi ad un regime pressoché vegetariano, proprio per dare un'impronta più razionale al tipo di alimentazione occidentale che è caotica e piena di incoerenze L'importanza che l'acqua riveste nella filosofia Yoga è argomento di un libro già uscito in questa collana, "la cura dell'acqua" e ad essa rimandiamo il lettore. Qui vogliamo solo ricordare che nel pensiero indiano l'uso dell'acqua è considerato una dei principali fattori della salute. Il Raja Yoga Tutte le correnti dello Yoga hanno come fine ultimo la realizzazione dell'uomo. Yoga vuol dire unione e questa unione si realizza purificando corpo e mente per farne potenti strumenti dell'anima. Alla nascita l'uomo è un mammifero con tutti gli istinti propri di un animale: molto spesso queste tendenze invece di venire dissolte durante la vita, sono esaltate da una mente e da un ego che si immedesimano nel contingente. Lo Yoga afferma che ogni sofferenza è creata dalla mente. Partendo da questo presupposto, lo Yoga (e in particolare il Raja Yoga) lavora sul mentale per conoscerlo, modificarlo, purificarlo. Quindi il Raja Yoga è quella filosofia che si occupa di modificare la vita di ciascuno, conoscendo il prodotto della mente, le vritti (parola che si può tradurre approssimativamente con "fluttuazioni", "modificazioni", "pensieri") che condizionano la nostra vita. Gli antichi rishi affermavano che "La potenza del pensiero muta la propria vita. L'uomo semina un pensiero e raccoglie in raccolto un'azione; semina un'azione e raccoglie un'abitudine; semina un'abitudine e raccoglie un carattere; semina un carattere e raccoglie un destino". Il sistema del Raja Yoga è stato codificato dal saggio Patanjali, che negli Yogasutra, ha indicato il percorso da seguire per liberarsi dalla sofferenza e dalla schiavitù della mente, suddividendolo in otto tappe. In questo testo, unico nel suo genere, per completezza e praticità, l'Autore, di fama mondiale, fornisce al lettore regole ed esercizi per sviluppare grandemente i propri poteri mentali ed avere risultati assolutamente inaspettati. The Heart of Yoga-T. K. V. Desikachar 1999-03-01 The first yoga text to outline a step-by-step sequence for developing a complete practice according to viniyoga–yoga adapted to the needs of the individual. • A contemporary classic by a world-renowned teacher. • This new edition adds thirty-two poems by Krishnamacharya that capture the essence of his teachings. Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Elements of Krishnamacharya's teaching have become well known around the world through the work of B. K. S. Iyengar, Pattabhi jois, and Indra Devi, who all studied with Krishnamacharya. Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of viniyoga, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In The Heart of Yoga Desikachar offers a distillation of his father's system as well as his own practical approach, which he describes as "a program for the spine at every level–physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga. Desikachar discusses all the elements of yoga–poses and counterposes, conscious breathing, meditation, and philosophy–and shows how the yoga student may develop a practice tailored to his or her current state of health, age, occupation, and lifestyle. This is a revised edition of The Heart of Yoga.

Yoga For Dummies-Georg Feuerstein 2010-03-26 Learn the safe and easy way to benefit from the practice of yoga, as you design and follow your own personal program.

Tree Of Yoga-B. K. S. Iyengar 2005-10 Beautiful two colour gift package of B.K.S. Iyengar's yoga-based philosophy for life.

Annuario della R. Università di Pisa per l'anno accademico- 1904

India, da zero all'infinito-Vito Magliocco 1961

The Psaos Book-Liz Koch 1997

The Magic Ten and Beyond-Sharon Gannon 2018-06-19 From the co-founder of the yoga method that launched yoga into the mega-popular mind-body practice that it is today (the Jivamukti method), here is a simple guide to developing your own individualized daily spiritual practice for greater peace and well-being. This powerful little book from legendary yoga teacher Sharon Gannon shows readers how to design their very own daily spiritual practice, incorporating yoga poses and practices, meditation, blessings, and other spiritual practices, to begin one's day in a positive and life-affirming place. While many people experience yoga only in yoga studios, Gannon explains that it is highly beneficial to have a private spiritual practice that can be done at home. Replete with how-to instructions on the ten simple yoga poses Gannon recommends readers do for health and flexibility, as well as guidance on meditation, blessings, and awareness exercises that can be added to the mix, this book will help readers infuse their day with greater focus, compassion, and joyfulness.

The Cure of Imperfect Sight by Treatment Without Glasses-William Horatio Bates 1920 William Horatio Bates provides an alternative look at the study of the eye. He does not deny that there are certain visual defects people experience; however, he does deny that glasses are the one and only solution. Instead, Bates' studies have led him to believe that simple muscle relaxation could relieve the strain that is the cause of most eye problems. This idea is now referred to as the Bates Method. This book is still consulted today by people seeking alternative solutions to their vision issues.

Paper Hearts and Summer Kisses-Carole Matthews 2016-12-15 A GORGEOUS READ THAT'S 'GOOD FOR THE SOUL' Paper Hearts and Summer Kisses is Top 5 Sunday Times bestselling Carole Matthews at her outstanding best. A heart-warming and poignant novel of romance, family and second chances. 5-star reader reviews for Paper Hearts and Summer Kisses 'Highly recommended! 'I loved this story. An adult fairytale! 'I was hooked from the first chapter' 'A must read' 'I loved it and can't wait to read more from this author' Christie Chapman is a single mum who spends her days commuting to her secretarial job in London and looking after her teenage son, Finn. It's not an easy life but Christie finds comfort in her love of crafting, and spends her spare time working on her beautiful creations. From intricately designed cards to personalised gifts, Christie's flair for the handmade knows no bounds and it's not long before opportunity comes knocking. Christie can see a future full of hope and possibility for her and Finn - and if the handsome Max is to be believed, one full of love too. It's all there for the taking. And then, all of sudden, her world is turned upside down. Christie knows that something has to give, but can she really give up her dreams and the chance of real love? Will Christie find her happy ending in . . .

Paper Hearts and Summer Kisses. 'A gorgeous novel that will delight' KATIE FFORDE

Breathwalk-Gurucharan Singh Khalsa, Ph.D. 2008-12-10 Breathing and walking comprise two of our simplest activities, yet they are also two of our most powerful actions. By bringing them together in a systematic and meditative way, we can enhance our physical, emotional, and spiritual fitness. We can tap our vitality to fully enjoy and excel in our lives. With a series of easy to follow, transformational exercises that combine breathing and walking in very specific ways for specific benefits, Breathwalk teaches us: how to alleviate exhaustion, anxiety, sadness, and other problems to heal physical, mental, and spiritual conflict in our lives to enter a zone of total fitness within our own bodies and minds In this simple program that anyone can follow, two of the world's leading experts in meditation and kundalini yoga reveal the power and flexibility of this technique for the first time. Centuries old traditions come together with modern scientific research in an effective and enjoyable holistic way to exercise. This practical, insightful guide is a breath of fresh air that can change your life for the better every time you take a step. From the Trade Paperback edition.

Bibliophile- 2018-09-11 Perfect gift for book lovers, writers and your book club Book lovers rejoice! In this love letter to all things bookish, Jane Mount brings literary people, places, and things to life through her signature and vibrant illustrations. Readers of Jane Mount's Bibliophile will delight in: Touring the world's most beautiful bookstores Testing their knowledge of the written word with quizzes Finding their next great read in lovingly curated stacks of books Sampling the most famous fictional meals Peeking inside the workspaces of their favorite authors A source of endless inspiration, literary facts and recommendations: Bibliophile is pure bookish joy and sure to enchant book clubbers, English majors, poetry devotees, aspiring writers, and any and all who identify as book lovers. If you have read or own: I'd Rather Be Reading: The Delights and Dilemmas of the Reading Life; The Written World: The Power of Stories to Shape People, History, and Civilization; or How to Read Literature Like a Professor: A Lively and Entertaining Guide to Reading Between the Lines; then you will want to read and own Jane Mount's Bibliophile.

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide-Kayla Itsines 2016-12-27 The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

L'Energia dei 7 Chakra. Come Riscoprire l'Energia Fisica Attraverso gli Esercizi di Meditazione. (Ebook Italiano - Anteprima Gratis)-Alessandra Pacini 2014-01-01 Programma di L'Energia dei 7 Chakra Come Riscoprire l'Energia Fisica Attraverso gli Esercizi di Meditazione COME SCOPRIRE L'ENERGIA FISICA DEL TUO CORPO Come visualizzare l'energia che è nel tuo corpo sotto forma di elettricità. Come prendere coscienza di ciò che fai per seguire il giusto orientamento. Come personalizzare ogni Chakra per rafforzarlo ed equilibrarlo. Come utilizzare le posizioni per avere effetti benefici e cancellare stress, fatica e paure. In che modo puoi svegliare il tuo corpo per acquistare salute, bellezza, forza e vitalità. COME ARMONIZZARE LA TUA SFERA EMOTIVA Come armonizzare il corpo in modo da bilanciare il rapporto tra i tuoi desideri e il mondo che ti circonda. Come ripulirti a livello energetico e mentale e ottenere rilasamento per accettare quello che non ti

piace di te. Quali tecniche puoi utilizzare per smagnetizzare gli oggetti "negativi" o ambienti pesanti. In che modo puoi armonizzare e tenere pulito il tuo addome. Come prendere energia dall'esterno per sciogliere tensioni fisiche e mentali. COME USARE IL POTERE PERSONALE A TUO FAVORE Come ritrovare disciplina e self control per riuscire a catalizzare la tua forza. In che modo puoi rigenerarti attraverso le tecniche di respirazione. Come puoi armonizzare gli elementi attraverso il bilanciamento del cibo. Come utilizzare gli scudi energetici e la difesa psichica per ritrovare serenità e benessere. In che modo puoi sciogliere articolazioni e muscoli e riempire, così, il tuo serbatoio energetico. COME COLLEGARE IL CORPO ALLE TUE EMOZIONI Come risanare il tuo rapporto con te stesso e anche con gli altri. L'importanza di saper ossigenare il sangue per calmare le tensioni e migliorare la respirazione. Come essere in grado di attivare i Chakra delle mani per il tuo benessere. Come stimolare le vie energetiche del tuo corpo per aumentare consapevolezza e benessere. Tecniche per mantenere sano e vitale il cuore, gli organi del petto e della schiena. COME ATTIVARE LA COMUNICAZIONE INTERIORE Come mantenere viva l'attenzione nonostante sei sottoposto a una perdita di energia fisica e mentale. Quali sono le tecniche per eliminare tensioni, caricarti di benessere e rafforzare il tuo corpo. Come ricaricarti a livello fisico e mentale e come saper mantenere questa condizione nel tempo. Come puoi rafforzare il tuo equilibrio sia interiore che sensoriale. COME SVILUPPARE LA VISIONE DEGLI EVENTI E DELLE COSE In che modo puoi aumentare le tue percezioni passando dal piano fisico a quello energetico. Come utilizzare la meditazione per ottenere una maggiore consapevolezza del tuo corpo. In che modo devi cercare le risposte dentro di te e cosa devi fare per ottenerle. L'importanza della qualità e quantità del sonno per ottenere un recupero psicofisico. COME OTTENERE E REALIZZARE IL TUO BENESSERE In che modo puoi raggiungere i tuoi obiettivi attraverso la concentrazione. Quale settore della meditazione devi sfruttare per raggiungere le informazioni e le risposte di cui hai bisogno. In che modo la comunicazione diventa efficace se vuoi avere consigli o ottenere risposte. Come il passato può esserti d'aiuto per migliorare le situazioni irrisolte del presente.

The Awakening Course-Joe Vitale 2011-12-20 The author presents a program explaining the four stages of awakening. He offers a step-by-step approach for finding and achieving one's goals and desires, as well as a path to complete mind, body, and spiritual transformation. Yoga Dogs-Dan Borris 2011-03-01 Learn how to sit, stay, and roll over with this fully illustrated, "delightful" guide to yoga starring man's best friend (Shutterbug magazine). Inspired by a friend's mastiff who would imitate his master's morning yoga routine, photographer Dan Borris created Yoga Dogs, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don't worry: No animals were harmed during the making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. "A fresh and highly entertaining visual treat," Yoga Dogs is perfect for any yogi of the two or four-legged variety (Shutterbug magazine). Il Corrier letterario ...- 1766

The Muscle and Strength Pyramid: Training-Andy Morgan 2019-03-24 Navigating the available fitness information online can be confusing and time-consuming at best, and a minefield of misinformation at worst. One inherent problem is that information online is always presented as supremely important and as the next 'big thing,' without context or any understanding of priorities. Enter The Muscle and Strength Pyramid books. The foundational concept of these books is understanding priorities and context, so you can take all the pieces of the puzzle and fit them together into an actionable plan. * Six sample routines to get you started quickly Six programs for novice, intermediate, and advanced-level bodybuilders and strength-focused athletes. * Break through those training plateaus With our full progression guidelines and examples, you'll never be left frustrated and wondering what to do next. * Learn how to tailor your own programming for faster results Our quick-start programming guide will show you how to apply all the principles that go into program design. The chief author of the books, Dr. Eric Helms, has not only the academic understanding

of training and nutrition as an active researcher but also extensive practical experience. He has been a personal trainer, powerlifting and bodybuilding coach since 2005, helping hundreds bridge the gap between science and practice to reach their goals. In addition, he has the minds of Andrea Valdez, and Andy Morgan to ensure the concepts are communicated clearly and effectively and no stone is left unturned. Andrea is a lifelong athlete with extensive coaching experience and her Masters in Exercise Physiology, and Andy is a successful writer and consultant for body composition change with a unique grasp of how to communicate topics to diverse groups, as he produces content for both the Japanese and English speaking fitness communities. Together, they bring you The Muscle and Strength Training Pyramid, the hierarchical, comprehensive, evidence-based guide that is a must-have for every serious lifter or trainer.

Un altro giro di giostra-Tiziano Terzani 2004 Il libro è innanzitutto un itinerario alla ricerca di aiuto per la guarigione che ha portato Tiziano Terzani in Paesi e civiltà lontane e diverse; non solo a libro di viaggio, ma anche un cammino lungo i sentieri della ricerca interiore, spirituale e sapienziale. Un libro nel quale riaffiorano i temi da sempre cari al giornalista e scrittore fiorentino: la storia, la globalizzazione, il confronto di civiltà. Light on Life-B.K.S. Iyengar 2006-09-19 B.K.S. Iyengar–hailed as “the Michelangelo of yoga” (BBC) and considered by many to be one of the most important yoga masters–has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga’s popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In Light on Life, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Here Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage’s great wisdom, Light on Life is the culmination of a master’s spiritual genius, a treasured companion to his seminal Light on Yoga.

Science of Breath-Yogi Ramacharaka 1905

Yoga Self-Taught-Andre Van Lysebeth 1999-11-01 It's like having a yoga teacher in your own home! Van Lysebeth, with over 50 years experience as a yoga instructor, describes more than 200 exercises and postures, using over 100 photographs and numerous illustrations that show both the right and wrong way to perform them. Unlike other yoga books which show only the completed posture, these illustrations show the intermediate steps for attaining the final postures. For beginning students, this classic book is a perfect introduction to yoga.

Creative Yoga for Children-Adrienne Rawlinson 2013-01-08 Creative Yoga for Children offers a simple, ready-to-teach Montessori-based yoga program for children age twelve and under. Following age-appropriate classroom themes, the book’s forty detailed, one-hour lessons are designed to supplement any learning environment and are accessible to parents and teachers alike–no special training is required. In a recent study by California State University, Los Angeles, yoga was found to improve students’ behavior, physical health, academic performance, and attitudes toward themselves. Research also shows that the benefits of yoga are particularly strong among children with special needs. This book demonstrates how yoga can become a fun daily practice inside or outside the school classroom. Enhanced with over 100 black and white photos, the book’s themes, or lessons, are divided by age range (ages four to six, seven to nine, and ten to twelve) and explore topics based on the child’s developmental level. For four- to six-year-olds there are twenty hour-long lessons on subjects ranging from colors and the holiday seasons to sounds and words. Ten hour-long lessons for seven- to nine-year-olds introduce such topics as the body, countries of the world, botany, zoology, and the universe. For ten- to twelve-year-olds, ten hour-long lessons cover the environment, geometry, the Earth, fractions, the food chain, and more. Following the structure of a classroom lesson plan, each lesson incorporates elements of yoga including poses, breath work, meditation, and mindfulness. A discussion of the theme and intention of the lesson is followed by a warm-up of yoga poses. The children then engage in a cooperative “connecting” activity designed to bring them together, and a fun and lively theme-oriented activity that involves movement and awareness. The class winds down with breath work, a craft, and often a story. Finally, there is relaxation time and a guided meditation. With this preset structure, the children feel safe while being challenged and inspired. Derived from the educational philosophy of Dr. Maria Montessori and the author’s own experience in the classroom and yoga studio, Creative Yoga for Children allows children to move at their own pace and to be free to learn and grow within a non-competitive, nurturing setting. An essential resource for the 4,000 certified Montessori schools in the U.S., this book will appeal to yoga teachers, classroom teachers, parents, and anyone who works with children. From the Trade Paperback edition.

Your Health-Joseph Hubertus Pilates 1998-01-01 "In this book, you will learn Joseph Pilates' fundamental tenets of posture, body mechanics, and correct breathing. You will discover his first teachings about spinal flexibility, physical education, and his law of natural exercises."--Back cover. The Complete Yoga Poses-Daniel Lacerda

The Neapolitan Pizza. A Scientific Guide about the Artisanal Process-Paolo Masi 2015

2020 Weekly Planner & Journal-Kailabelle Paperback 2019-11-20 2020 WEEKLY DIARY PLANNER / JOURNAL This softcover weekly diary and journal is perfect for organising your appointments, tasks, plans, to do lists, reminders, recording thoughts and creative ideas. Setting time aside to write, whether morning or evening, is an act of self discipline. Like a muscle, the more you exercise it, the stronger it becomes. Habits formed in one area of life have a tendency to spread, as keeping your office clean leads to keeping the bedroom tidy, your daily practice of writing will domino onto other healthy habits. Translating your experience into language form you can essentially free yourself mentally. Studies have revealed that the emotional release from journaling lowers anxiety, stress and induces better sleep. This makes a great novelty diary and journal gift.! 2020 weekly dates for each month 2020 & 2021 calendar Journal pages 7" x 10" 110 pages Softcover Bookbinding Flexible Paperback Quirky cover design!

La luce dell'Oriente-Giuseppe Dal Ferro 2005

Rivista di psicologia- 1909

Rivista di psicoanalisi- 1909

Rivista di psicologia applicata- 1909

Yoga: A Manual for Life-Naomi Annand 2019-10-31 Be calmer, happier and more creative. In Yoga: A Manual for Life Naomi Annand shows you how to use the ancient practice of yoga to live better in the modern world. Utilising simple, breath-led movement, this beautiful practice companion teaches you how to wake up feeling energised, calm an anxious mind, sleep better, feel inspired. Ideal for total beginners to more experienced yogis, this manual includes everything you'll need to live a more balanced, grounded life, from five-minute lifehacks to longer sequences with specific goals in mind. Always accessible, Yoga: A Manual for Life has at its centre the principle of authentic self-care. Giornale della libreria- 2001

L'Europeo- 1994

Whole Body Massage-Nitya Lacroix 2009 A complete top-to-toe practical guide to massage, aromatherapy and reflexology for every part of the body. All you need to know about massage and related therapies - instant quick-fixes, in-depth treatments, luxurious pampering sessions and sensual routines for two. Dragon's Green-Scarlett Thomas 2017-05-30 "This middle grade series starter is tailor-made for Harry Potter's fans." —Kirkus Reviews For fans of the Land of Stories and the Wings of Fire Series, this first enchanting adventure from acclaimed novelist Scarlett Thomas is set in a wondrous realm where magic most decidedly exists, a growing evil lurks, and a group of children is destined to save the world. Effie Truelove believes in magic, as does her grandfather Griffin (although he refuses to do any magic, let alone teach Effie how to use it). After a mysterious incident leaves Griffin close to death, Effie is given an unusual silver ring and told she must look after her grandfather's library of rare and powerful books. But then the books fall into the hands of shady scholar Leonard Levat, and Effie is propelled into the most dangerous adventure of her life. Now, Effie and her friends—nearly Maximilian, rugby-mad Wolf, helpful Lexy, and eccentric Ravan—must discover their true powers if they are to get the books back. And Effie alone will have to travel to the Otherworld, where she will uncover the true meaning of the strange old book called Dragon's Green...