

The Art of Breathing: 6 Simple Lessons to Improve Performance, Health, and Well-being, 2000, 240 pages, Nancy Zi, 1583940340, 9781583940341, Frog Books, 2000

According to the ancient Chinese discipline of chi kung (pronounced chee gung), the body's energy is released by the air breathed into it. Zi, a classically trained American singer raised in China, has adapted that idea in an intriguing method she calls chi yi. (Chi means breath, breathing or air.) Her premise is that controlled breathing can create new sources of life-enhancing energy. In six concise, uncomplicated lessons she shows how to tap into that energy through a range of exercises (accompanied by line drawings), imagery and situational applications. Her techniques for using the body's inner dynamics (the Chinese "core") will be especially valuable in relieving stress, building stamina and engaging in sports.

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Healing Breath , Luis S.R. Vas, Jan 1, 2004, Breathing exercises, 122 pages. .

The Complete Idiot's Guide to Power Yoga , Geo Takoma, Eve Adamson, 1999, Health & Fitness, 410 pages. Describes a new approach to yoga designed to improve fitness and demonstrates a variety of poses and movements.

Powers Pilates Stefanie Powers' Guide to Longevity and Well-being Through Pilates, Stefanie Powers, Kathy Corey, 2005, Health & Fitness, 143 pages. An equipment-free introduction to Pilates for middle-aged readers incorporates traditional practices and age-specific tips, demonstrating easy-to-follow exercise sequences.

The Essentials of Yoga , Dinabandhu Sarley, Ila Sarley, Sep 14, 1999, Health & Fitness, 208 pages. A discussion of yoga highlights brief overviews of different schools, tips on what to look for when selecting a class, as well as explanations of the relationship between the.

Lilias! Yoga Gets Better with Age , Lilias Folan, Jul 15, 2005, Health & Fitness, 288 pages. Presents the "yin" yoga regimen, a specific program designed for individuals over the age of forty to stretch and strengthen the body within each yoga posture, while adding.

Chi Kung The Chinese Art of Mastering Energy, Yves RΓ©quΓ©na, Nov 1, 1996, Health & Fitness, 128 pages. Comprehensive overview of Chi Kung's theoretical background and more than fifty exercises for anyone, regardless of age or physical condition..

Pranayama beyond the Fundamentals An In-Depth Guide to Yogic Breathing, Richard Rosen, Sep 3, 2013, Health & Fitness, . For serious students of yoga who have an established pranayama practice, this book is a follow-up to Rosen's™ previous book, The Yoga of Breath. Here he picks up where he left.

Yoga for Runners , Lexie Williamson, Mar 3, 2015, Health & Fitness, 224 pages. Running is a fantastic cardiovascular workout that floods the body with 'feel good' endorphins and many runners find its rhythmic, repetitive nature a natural stress reliever.

Freeing the natural voice , Kristin Linklater, 1976, Language Arts & Disciplines, 210 pages. Describes the mechanics of the voice and obstacles of spontaneous, effective vocal expression and

details exercises for developing and strengthening the voice as a human and.

In the zone making winning moments your way of life, Ray Mulry, 1995, Health & Fitness, 141 pages. When you're "in the zone", you are operating at your peak and enjoying every minute of it. Dr. Ray Mulry presents the key elements of mind/body mastery: relaxation, balance.

Pilates Lite , Karon Karter, , , . .

Yoga to Go A Take-it-with-you Guide for Travelers, Paula Carino, 2004, Health & Fitness, 224 pages. Now there's no excuse! This handy, illustrated guide tucks into purse or pocket and makes it easy to do yoga anywhere. In a hotel room, on the job, even in the back of a.

Stefanie Powers--Superlife! , Stefanie Powers, Judy Quine, Jan 1, 1985, Health & Fitness, 223 pages. In a new approach to physical, mental, and spiritual health, the authors introduce an exercise routine that integrates dance movements and stretching techniques with karate.

Pilates System Marmaxx , Octopus Publishing Group, Sep 1, 2001, Exercise, 128 pages. Exercises to do at home inspired by the Joseph Pilates method..

Meditation , Susannah Marriott, 2005, Meditation, 160 pages. .

Coffee-Break Pilates , Alan Herdman, , , . .

Pilates and Calisthenics for Children Using Imagery to Reinforce the Essential Principles of Movement, Larkin Barnett, Sep 1, 2010, Health & Fitness, 96 pages. This innovative introduction of imagery with exercises for children helps to foster the use of all senses, enabling children to tap into their rich imagination while learning.

Prayer The Heart of the Gospels, Jim McCaffrey, 2008, Religion, 184 pages. An explanation of how prayer is at the heart of the gospels and is a key to understanding the central insight of each evangelist into the person of Jesus Music in the Primary School , Janet Mills, Aug 5, 2009, Education, 173 pages. This new edition of Music in the Primary School, a standard handbook for many years, was completed by the author in 2007. It contains new research, with the same practical

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