



Make Yours Yoga

Loren Carillo



Make Yours Yoga:

Your Yoga Business Ava Taylor, 2023-08-23 Your Yoga Business is for yoga teachers at all stages of their careers looking to take their businesses further faster They will learn how to equip themselves with the tools knowledge and know how needed to generate real and sustainable growth as a yoga teacher and business owner **Make Yours Yoga** Miriam Ezell Downey, 1977-01-01 *Get Your Yoga On* Kino MacGregor, 2020-09-01 Challenge yourself to practice yoga five minutes a day with this inclusive beginner s guide to 30 foundational yoga poses and sequences for everyone and every body Yoga is a healthful stress busting powerfully life changing practice that is truly for everyone You don t need to be young flexible or athletic to do yoga and you don t need to spend hours on the mat You just need to be yourself and commit to practicing at least five minutes a day Here renowned yogi Kino MacGregor presents a basic self paced plan to encourage you to try each of the thirty foundational poses included and slowly build a regular yoga practice Through step by step instructions over two hundred color photographs and modifications for different body types and abilities Kino makes yoga possible at whatever level you may be By challenging yourself for just five minutes a day you will end up learning a strong basic yoga sequence that you can grow and adapt for a lifetime of yoga **How to Grow Your Tiny Yoga Studio** James Fulton, Unlock the secrets to nurturing your very own tiny yoga studio with this comprehensive cookbook designed for aspiring studio owners and passionate yogis This guide is packed with invaluable insights and hands on strategies to cultivate a thriving yoga community in a cozy setting Explore essential tips for creating a calming atmosphere that resonates with your students and fosters mindfulness Discover how to build engaging class schedules that cater to diverse needs and attract a loyal following Learn about marketing and social media strategies tailored for small businesses helping you reach new clients and keep them coming back Gain insights on community building techniques that will transform your studio into a supportive sanctuary for all Dive into effective planning strategies that streamline your operations and free up more time for what you love teaching yoga Investigate ways to incorporate wellness offerings that complement your classes and enhance your students experience Benefit from expert advice on collaborating with other local businesses to create a vibrant network that supports mutual growth Absorb motivational stories and case studies from successful tiny studio owners who have turned their dreams into reality This cookbook is more than just a guide it s your blueprint for success in the world of yoga entrepreneurship Whether you re just starting out or looking to refine your approach this resource will lead you down the path to a flourishing yoga studio Get ready to inspire and uplift your community from the heart of your tiny yoga studio [Yoga for Beginners: Your Complete Guide for Using Effective Mudras and Yoga Asanas to Relieve Stress and Being Healthy Now](#) Loren Carillo, 2019-11-25 Welcome to the wonderful world of Yoga here s a sneak peak of what s inside this book what is yoga the mindset you need to have the Benefits of Doing Yoga Yoga Poses Beginners Intermediate and Advanced A Yoga Diet A Yoga FAQ The World of Mudras and much much more Get your copy now [Power Yoga For Dummies](#) Doug Swenson, 2011-06-15

Doug Swenson has created a book about Yoga that captures his delightful and unique teaching style Karen Allen actress Yoga Practitioner Doug Swenson masterfully presents one of the most physically challenging styles of Hatha Yoga in a way students of any level will find safe fun easeful and empowering John Friend founder of Anusara Yoga In just a few years Yoga has gone from an obscure spiritual discipline practiced by a handful of the enlightened in the Far East to a mainstream exercise routine taught at gyms all across America Now at the turn of the new millennium Yoga has a younger sibling Power Yoga A high energy physical discipline embraced by Sting Madonna and thousands of other celebrities professional athletes and health advocates Power Yoga takes the basics of Yoga and gives it a good healthy dose of aerobics to tone all your muscles sharpen your focus ease your spirit and strengthen your heart Want to pump up your body and gain peace of mind Power Yoga For Dummies shows you how Featuring step by step instructions illustrated with photographs that help you see each move clearly it shows you how to Improve flexibility strength and endurance Develop rock hard abs legs and arms Find an instructor and the right workout gear Customize workouts for all ages and fitness levels Enhance your practice with a partner Beat stress sharpen your focus and lift your spirits Power Yoga celebrity Doug Swenson explains the philosophy and science behind Power Yoga He gets you ready to take the leap into Power Yoga and he arms you with Three complete Power Yoga routines beginning intermediate and advanced Exercises to improve specific areas including flexibility strength endurance and specific muscle groups such as your arms abs and glutes Expert tips on diet and nutrition for enhancing your practice and improving your overall health Specific postures and exercises that benefit women and seniors A fun and easy guide for both beginners and experienced practitioners alike this inspirational guide will help you unit a strong sleek body with a sharp clear mind

What Makes Your Heart Sing? Noelle Cormier Eryt, 2013-04 In a time where the meaning of yoga in the Western world has become yet another way to exercise and the push to make yoga a business has materialized instructors today must reconnect with the hearts of their students revisit their purpose for teaching yoga and review their interpretation of this ancient practice How do yoga instructors awaken the hearts of their students By connecting yoga s physical postures with spiritual significance through theme By asking the question What makes your heart sing this book will guide instructors to create heart opening theme based classes by using a model that includes lesson plans designed to target four types of learning preferences As instructors develop their class lesson plans and themes meaningful connections will be made with the entire class and soon hearts will sing

Yoga for Your Mind and Body Rebecca Rissman, 2015 Presents yoga techniques and poses to promote brain power stress relief strength and fitness *Yoga for Your Mind and Body* Rebecca Leigh Rissman, 2015-04-01 Release your inner guru and unleash yoga s healing power Relieve stress Focus your mind Build strength Clear step by step instructions and photos guide you through more than 80 specific yoga poses Study the perfect yoga poses and unlock the key to a healthy fit and calmer you

Hatha Yoga Illustrated Martin Kirk, Brooke Boon, Daniel DiTuro, 2005-10-20 Experience the physical benefits and body awareness from hatha yoga the most popular form of yoga

today Hatha Yoga Illustrated presents nearly 650 full color photos to visually demonstrate 77 standard poses from hatha yoga that apply to all major hatha styles including Iyengar Astanga Anusara and Bikram Individual poses are presented from start to finish showing you how to achieve proper alignment and breathing to ensure challenging yet safe execution The result is an increase in the effectiveness both physically and mentally you ll experience with each pose Several pose variations based on your personal preference ability and fitness level are also included Eleven sample yoga routines show how to assemble the poses into workouts that meet your specific time difficulty and intensity parameters Colorful and comprehensive Hatha Yoga Illustrated is organized for your ultimate convenience and use Use it to guide your muscles as well as your mind and increase strength and stamina reduce stress and anxiety reduce blood pressure and increase flexibility *Ignite Your Yoga* Susanna Barkataki,2025-04-29 An essential guide for all yoga practitioners to delve deeply into the tradition and practice authentically with appreciation not appropriation Includes practical advice for embracing yogic values such as service non harm and truthfulness in your daily life and relationships and for the well being of others Popular yoga educator and advocate Susanna Barkataki invites yoga practitioners to become stewards of the tradition bold and effective trailblazers for embodying the roots of yoga She gives you the knowledge tools and language to respectfully and responsibly hold and participate in class and more effectively embody yogic values Each chapter is full of step by step instructions stories practical advice practices and contemplations and covers the following The issues with modern yoga in the West today Best practices for yoga leadership Learning what equity is in yoga How and when to use Sanskrit Integrating yoga ethics into your yoga practice relationships and work While mainstream yoga culture explodes the teachings have often strayed far from yoga s traditional roots The result is a watered down often inaccurate or incomplete practice that doesn t responsibly reflect the rich and powerful tradition *Ignite Your Yoga* is an essential guide for all yoga practitioners to delve deeply into the tradition and practice and teach authentically with appreciation not appropriation [Yoga Nidra for Complete Relaxation and Stress Relief](#) Julie Lusk,2015-09-01 Chronic stress is a silent assassin that can lead to a number of health and mental health issues such as anxiety weight gain diabetes and heart disease In this book holistic health expert Julie Lusk offers readers a powerful Yoga Nidra program to stop stress in its tracks If you feel stressed out you aren t alone Stress is a modern day epidemic and if you don t make healthy changes to keep it under control you could end up with a weakened immune system or a number of health and mental health issues This book offers the solution Yoga Nidra a practice based on a lucid sleep like state of relaxation focuses specifically on alleviating both the mental and physical manifestations of stress so you can live a better life Packed with meditations relaxation skills and visualization techniques the ancient practices in this book will help you relax reflect and revitalize for unshakable peace and joy **A Year of Living Your Yoga** Judith Hanson Lasater,2016-08-09 Inspirational reflections on life and yoga for on and off the mat from a leading expert in yoga training therapeutics and philosophy Judith Hanson Lasater has been teaching an annual yoga retreat at Feathered Pipe Ranch in Helena Montana for

twenty eight years When Lasater learned that one of her students was collecting her thoughts which she called Judith s aphorisms Lasater decided to compile them into this inspirational book for yoga practitioners of all levels Featuring one thought for each day of the year along with a suggested practice these brief powerful insights reflect the author s knowledge of classic yoga philosophy and years of experience Humorous inspiring and surprisingly down to earth they guide seekers both on and off the yoga mat These aphorisms address love asana fear trust expectations pranayama suffering laughter presence the Yoga Sutra and much more They emphasize the experience of being present to one s self and to life s ups and downs day by day breath by breath moment by moment A Year of Living Your Yoga is a gentle invitation to readers to know themselves on a deeper level

Your Spine, Your Yoga Bernie Clark, 2018-10-01 Your Spine Your Yoga is arguably the first book that looks at the spine from both the Western anatomical biomechanical point of view and the modern yoga perspective It is filled with detail discussion illustrations and practical advice for spines of all types This emphasis on variety is welcome and necessary no two spines are exactly alike and no two people have the same biology and biography What your spine is able to do may be vastly different from what other yoga students or teachers spines can do The human spine is unique in its structure and function Primarily it provides stability through the core of our body allowing forces to be transmitted from the upper body arms and shoulders to the lower body pelvis and legs and vice versa Secondly the spine allows tremendous range of movement Unfortunately in modern yoga practice we find the primacy of these two functions reversed with flexibility prized over stability This focus on spinal mobility comes at a grave cost to many students Stability is lost and when that happens dysfunction and pain often follow Just as all tissues and areas of the body need a healthy amount of stress to regain and maintain optimal health so too our spine needs the appropriate levels of stress to remain functional throughout our lives How we choose to exercise the spine makes a difference though Knowing the way the spine is built specifically how your spine is built will allow you to tailor your exercises wisely to match your goals Your Spine Your Yoga is the second book in the Your Body Your Yoga series and focuses on the axial body the core from the sacral complex which includes the pelvis sacrum and sacroiliac joint through the lumbar and thoracic segments of the spine to the cervical complex which includes the neck and head The structural components of each segment are examined from the bones to the joints ligaments fascia tendons muscles and even the neurological and blood systems The range and implications of human variations are presented as well as the ways these variations may affect individual yoga practices The sources of restrictions to movement are investigated through answering the question What Stops Me The answers presented run through a spectrum beginning with various types of tensile resistance to three kinds of compressive resistance Whether the reader is a novice to yoga anatomy or both or a seasoned practitioner with an in depth knowledge in these fields this book will be valuable For the novice there are easily understood illustrations and photographs as well as sidebars highlighting the most important topics For the anatomy geek other sidebars focus on the complexity of the topic with hundreds of references provided for further

investigation For the yoga teacher sidebars suggest how to bring this knowledge into the classroom Your Spine Your Yoga can be used as a resource when specific questions arise as a textbook to be studied in detail or as a fascinating coffee table book to be browsed at leisure for topics of current interest **Make Your Own Rules Diet** Tara Stiles,2016 In Make Your Own Rules Diet Tara Stiles introduces readers to easy and fun ways to bring yoga meditation and healthy food into their lives As the designer and face of Reebok s first yoga lifestyle line author of Yoga Cures and Slim Calm Sexy Yoga and the founder of Strala the movement based system that ignites freedom known for its laid back and unpretentious vibe Tara has long been a proponent of creating a tension free healthy life by tapping into the unique needs of her clients In this new book she teaches readers how to apply this inward looking philosophy to themselves When people understand what they need for true well being they can make their own rules rules that will help them become their best selves In her rulebook it s no pain much gain In fact Tara stresses the importance of practicing with ease leaving the discomfort and tension behind because what you practice is what you manifest Readers will not only learn to create their own rules but also to understand when something isn t working anymore so they can update their rules as circumstances change Her approach takes readers from the kitchen to the mat to the cushion in an effort to help them get to know themselves After leading them through some basic guidelines about how to write their rulebooks Tara lays out tips techniques and practices including A step by step goal setting process so readers can figure out where they want to focus Six yoga routines specifically designed to up energy levels curb cravings drop pounds and enhance peace Eight breathing and meditation practices to soothe the soul 50 simple delicious plant based recipes that can be made in minutes A 7 day kick start program and a 30 day transformation plan to launch readers on their healthy happy radiant path So join Tara today as she opens readers eyes to a new way of living well that anyone can do

Chair Yoga for Seniors Teri Wheeler,2022-08-19 Rejuvenate Your Body Health and Overall Wellbeing With This Senior s Guide To Chair Yoga Exercises To flourish as we age we must change our habits and way of life Exercise can be more challenging if you have joint discomfort sore muscles tiredness or other typical age related conditions These worries frequently lead seniors to lead a passive or inactive lifestyle making matters even worse Thankfully chair yoga is a simple and inexpensive form of exercise that has enormous advantages for seniors The excellent health advantages of yoga can be obtained by elderly persons through chair yoga Even elderly people with limited mobility or those who are not flexible can safely practice yoga by remaining seated Among the advantages of chair yoga for senior citizens are the ability to stretch and release sore muscles reduction of chronic pain and reduction of stress This Chair Yoga for Seniors book is written in a simplistic approach to help jumpstart your journey into reclaiming your health and overall wellbeing as you exercise your way up toward gaining strength balance and flexibility for healthy living and aging Here are snippets of what this book contains 1 A comprehensive list of how chair yoga exercises can benefit you greatly 2 How to establish a clear chair yoga mindset to derive maximum benefits from the exercises while achieving your overall health goal 3 Safety precautions you

must conform to before starting your chair yoga exercises 4 Simple supplies you need to get started 5 The best time of day to exercise 6 What to do before you start your chair yoga exercises 7 Setting up your yoga space 8 Chair yoga warm up poses such as sun salutation cat cow etc 9 Chair yoga poses for strength balance and flexibility such as downward facing dog warrior II etc 10 Chair yoga cool down poses such as pigeon pose hamstring stretch etc And lots more So what else are you waiting for Get a copy of this book RIGHT NOW to get started

Holy Yoga Brooke Boon, 2009-06-27 People often equate yoga with Eastern religion but Brooke Boon sees it as an exercise style that Christians can use to generate patience strength and deeper worship Author and yoga instructor Brooke Boon combines her passion for Christianity with her commitment to health to introduce yoga as a physical and spiritual discipline that strengthens the body and the soul Clear explanations and photographs make yoga accessible for any reader and Brooke offers customized routines for readers struggling with specific issues such as weight loss and anxiety Through it all Brooke uses scriptural references to help reinforce the idea that by taking care of our bodies we can also take care of our faith

Be the CEO of Your Yoga Studio James Fulton, *Be the CEO of Your Yoga Studio* is a practical guide designed for yoga studio owners and instructors looking to elevate their business and create a thriving community The book merges the principles of effective leadership with the essence of yoga practice offering strategies for financial management marketing and fostering a positive studio culture Through insightful anecdotes and actionable advice it emphasizes the importance of vision communication and adaptability in the competitive wellness industry Readers will learn how to balance their passion for yoga with sound business practices ultimately empowering them to take full ownership of their studio's success and impact in the community

Yoga for Everyone Dianne Bondy, 2019-04-02 Yoga is for every body including yours For years yoga books have asked readers to bend over backward literally to conform to their physical demands It's time for the opposite for readers to demand that yoga conform to their individual needs It's time for a yoga book to reflect the broader population that would benefit from a yoga practice geared toward them It's time for Yoga for Everyone This book offers yoga for every type of body those who are big small elderly pregnant or of various physical abilities everyone No matter who you are or what you look like or what your abilities are you can do all 50 poses in this book The variations to classic poses in this book will also allow you to perform all 10 sequences which combine different poses into one singular experience and focus on specific physical and mental benefits So forget what you've heard Yoga isn't just for the privileged few It's meant to be enjoyed by everybody and every body Yes you can do yoga and Yoga for Everyone will show you how Dianne is a wonderful teacher with a voice and a message that's absolutely needed not only in the yoga community but also in the world I'd go as far as to say that this book is the most important yoga book released this year This book smashes the myth of the thin able bodied yogi and provides a safe introduction to the art of yoga in a way that's accessible to all Yoga is for everyone Rachel Brathen author of Yoga Girl Dianne Bondy is truly a leader in the yoga world Her unwavering commitment to accessibility and inclusiveness is demonstrated perfectly in her new book Yoga for Everyone This is a great

book for yoga teachers and yoga students of all levels If you re intimidated by the conventional imagery of yoga if you think yoga isn t for you or if you re a teacher looking for tools to make the practice approachable for everyone this book will be a valuable tool Yoga is an ancient science of the soul and Dianne s work aims to bring these universal teachings to different kinds of folks with the heart and wisdom that s a vital part of her contribution to the world Kino MacGregor yoga instructor Dianne is a force a personal inspiration and someone who knows her power and uses it to uplift others Western yoga and wellness spaces are severely lacking safety and inclusion Oftentimes walking into those spaces can feel more marginalizing than healing Dianne s book is full of resources anybody can use teacher or student to create an accessible and welcoming space The visual representation of diverse bodies and abilities provides a needed reminder that yoga is indeed for all of us Thank you Dianne Dana Falsetti yoga instructor

Get Started: Yoga Nita Patel, 2013-01-17 Take the first step to mastering yoga with Get Started Yoga part of a new series of structured learning guides from DK where nothing is assumed and everything is explained Each course follows the same structure start simple and learn the basics build on what you ve learned and then show off your new skills Get Started Yoga teaches complete beginners the skills needed to master 49 yoga poses and 12 sequences Start simple with basic poses like downward facing dog and the cobra build on them with the more advanced poses like the warrior lunge and the half lotus and finally take it further with the dolphin and the rocking bow poses With step by step pictures and practice exercises to keep you on the right track Get Started Yoga will help you learn your new skill in no time More than any other series on the market DK s Get Started aims to provide the reader with carefully structured learning and a classroom approach to teaching that allows you to build your own course from practical lessons and themed projects Each book begins by answering fundamental questions identifying an essential starter kit of tools and equipment and explaining how to build a course The book then divides into subject areas with key techniques for each area demonstrated through visual glossaries and step by steps followed by graded projects with annotated instructions and an assessment of how to build on achievements Let DK be the perfect one on one tutor you never had patient illuminating inspiring always at hand to point you in the right direction so you can achieve your potential

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