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Iyengar Yoga For Runners

This article shows you how to stretch the main muscle groups involved in jogging.

Runners Yoga A Balanced Approach To Fitness

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Expressive Conducting Jerald Schwiebert,Dustin Barr,2017-10-04 Expressive Conducting Movement and Performance Theory for Conductors applies the insight of movement and performance theory to the practice of conducting offering a groundbreaking new approach to conducting Where traditional conducting pedagogies often place emphasis on training

parts of the body in isolation Expressive Conducting teaches conductors to understand their gestures as part of an interconnected system that incorporates the whole body Rather than emphasizing learning specific patterns and gestures this book enables student and professional conductors to develop a conducting technique that is centered around expressing the themes of the music Drawing parallels to the worlds of acting this text treats the body as the conductor s instrument Coaching notes derived from years of experience as a performance movement specialist offer readers approachable methods for eliminating communication barriers both conscious and subconscious to encourage optimal performance highlighting acting theory movement exercises and the significance of weight distribution Unlike other conducting approaches this text understands that conducting resonates throughout the entire body and is not conveyed by the hands or baton alone With a comprehensive consideration of the conductor s body and movements featuring over 50 original illustrations Expressive Conducting advances strategies for improving one s conducting skills in rehearsal and performance Jerald Schwiebert has developed a practical language for expressive conducting Together Schwiebert and Barr present a text that is suitable for conducting students instructors and professionals alike

Massage for Busy People Dawn Groves,2012-01-31 Do you feel stressed tired depleted Do you hold tension in certain parts of your body because of your busy lifestyle or extended time in one position such as working at your computer or sitting in a car commuting Muscle pain back spasm and a host of anxiety related disorders seem inevitable in today s overproductive world However there s a simple way to rebuild and counteract the damage inflicted by this grueling lifestyle self massage With clear instructions and 30 photographs this books describes various types of self massage techniques for relieving stress and relaxing By learning about intention and focus timing practice and a balanced approach you can maximize the benefits of quick massage and create a personal massage routine tailored to the demands of your world in just a few minutes a day You ll learn to strengthen your posture diminish aches and pains replenish your energy and target specific conditions such as headaches or stiff neck In a practical and inspiring way *Massage for Busy People* takes the practice of massage and personalizes it for all environments at home at the office in the car or on a plane

Runner's World ,2008 *The Everything Running Book* Art Liberman,Randy Brown,Eileen Myers,2011-12-18 Running can help you lose weight create a healthy body image and boost your self esteem No matter your fitness level you too can enjoy the benefits of this sport With this book you ll gain the knowledge and tools you need to run a 10K a marathon or just a lap around the block The new edition includes Cutting edge information on hugely influential trends in natural running including ChiRunning barefoot running and cross training with yoga and meditation Information on how to select the right gear and manage your nutrition including details on new diets favored by endurance athletes A dedicated section on running for women including specific nutritional and physical concerns Whether you re a beginner or a seasoned veteran this book has everything you need to maximize your running potential from start to finish

The One One One Diet Rania Batayneh,Eve Adamson,2025-06-10 The easiest most effective weight loss plan ever The concept is simple Have one

protein one carbohydrate and one fat at every meal and snack The results Nothing short of amazing and delicious Nutritionist Rania Batayneh MPH shares the 1 1 1 formula she s used with hundreds of clients who lost the weight they never thought they could lose did it easily no forbidden foods no deprivation no complicated rules and kept it off for good On this plan as long as you adhere to the formula you naturally keep your body balanced your metabolism strong your cravings at bay and your weight down The best part No food is off limits not even chocolate pizza burgers or fries With dozens of perfectly balanced meal ideas and 75 easy tasty recipes The One One One Diet isn t a drop pounds fast fad It s a strategy you can use to eat healthfully and stay slim for life Praise for The One One One Diet A customized approach for individuals who want to start up or maintain healthy eating habits and achieve weight loss without deprivation Kristin Kirkpatrick MS RD LD A simple straightforward easy to follow plan to help anyone get on the right track to eating well Keri Glassman MS RD CDN author of The New You and Improved Diet

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