

*Barbara Currie*  
LOOK 15 YEARS  
YOUNGER



THE 15-MINUTE-A-DAY YOGA PLAN

# Look 15 Years Younger With Yoga

**Gertrud Hirschi**



## **Look 15 Years Younger With Yoga:**

**Look 15 Years Younger: The 15-Minute-a-Day Yoga Plan** Barbara Currie,2013-08-01 Some tables in this ebook are best viewed on tablet devices Britain s biggest name in yoga Barbara Currie who at 60 has the figure she had at 21 here shares her secrets With all the latest research as to how yoga can beat the signs of ageing this book provides step by step 15 minute routines to help you lose weight and look younger *Yoga* Daren Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Miracles of Face Yoga** Mansi Gulati,2021-10-10 Miracles of Face Yoga by Mansi Gulati is a comprehensive guide that introduces readers to the practice of face yoga an ancient technique that involves exercises and massage techniques to improve the tone elasticity and overall appearance of the face Gulati shares practical tips and exercises to help readers achieve a more youthful and radiant complexion Key Points Gulati explains the principles and benefits of face yoga highlighting how specific exercises and techniques can stimulate blood circulation strengthen facial muscles and promote a healthy glow offering readers natural and non invasive methods to enhance their facial appearance The book provides step by step instructions and visual illustrations for a wide range of face yoga exercises including facial massages acupressure points and muscle strengthening movements allowing readers to easily incorporate these practices into their daily routine Miracles of Face Yoga serves as a valuable resource for individuals interested in holistic skincare and self care practices offering a holistic approach to facial rejuvenation and empowering readers to embrace a natural and effective method for improving their facial health and beauty **My Hindu Faith and Periscope** Satish C. Bhatnagar,2012-11-14 Every author believes that his or her book is meant for everyone In this respect however I am the biggest beneficiary In the process of writing these reflections for over ten years and lately compiling and editing them I have finally understood my faith deeply Consequently confidence that I lacked about Hinduism during my adult years has been replaced with pride in graying years At times it has taken me to such a height that in a few reflections I have propounded a thesis that India will be a true secular country only when it will be constitutionally a Hindu state The practice of secularism in India since 1947 has been reduced to anti Hinduism and Hindu bashingparadoxically more so by Hindus than by non Hindus It is making India porous for attacks by the terrorists who are both homegrown and foreign based History is repeating itself The Hindus remain totally divided in half a dozen political parties A sterling lesson of Indias history is that traders preachers and persecuted humanity of every foreign faith were permitted sheltered and welcomed by the

Hindu kings whose kingdoms stretched from the coasts of Malabar in Kerala to Kuchh in Gujarat to Karachi in Sindh starting more than one thousand years ago. Doesn't it make pristine Hinduism akin to humanism? What an incredible journey of this realization to dawn after nearly six decades. *Forever Young: The Science of Anti-Aging* Shu Chen Hou, Are you looking for ways to slow down the aging process and maintain a youthful vibrant appearance? Look no further than *Forever Young: The Science of Anti-Aging*. This comprehensive guide delves into the latest research and scientific breakthroughs in anti-aging, providing practical strategies for promoting healthy aging and maintaining optimal health and wellbeing throughout your life. From the role of genetics and nutrition in aging to the benefits of exercise and stress reduction, *Forever Young* covers all the bases when it comes to anti-aging. You'll learn about the latest developments in gene editing, senolytics, and other cutting-edge anti-aging interventions, as well as natural methods for promoting healthy aging and preventing age-related diseases. But *Forever Young* is more than just a scientific guide to anti-aging; it's a roadmap for living a vibrant, fulfilling life regardless of your age. You'll discover tips for improving your mental health, cultivating a sense of purpose, and staying engaged and connected throughout your life. Whether you're looking to improve your physical appearance, boost your energy levels, or simply live a longer, healthier life, *Forever Young: The Science of Anti-Aging* is the ultimate guide for anyone interested in the science of healthy aging. Order your copy today and start your journey to a happier, healthier, and more vibrant life, no matter your age.

**Epsilons and Deltas of Life** Satish C. Bhatnagar, 2012-06-12. You are an artist in the matter of living. I shall try to tread the same path. Subhash Sood MD. I note that you are a person with social, cultural, scientific values. I have gone through your mails and felt overwhelmed by your vision and the simple way to present your valuable observations. Thanks. Deepak Saxena, Director, medical clinic, Bathinda. Very well put. You cannot save lives without touching some. Gopal Dass, retired cardiologist. I liked the punch line: life is all about a cycle of assembling and disassembling. Raju Abraham, English Professor, University of Nizwa, Oman. Good friends are like good wine: both give euphoria when you need to be high and a shoulder when you are down. Rahul Bhatnagar, Director, new drug testing program. Thanks for wonderful words of wisdom. Hortense Simmons, traveler, retired English professor.

**One Hundred Years Young the Natural Way** Earl Fee, 2011-04-20. *One Hundred Years Young the Natural Way* promotes ageless aging and a higher quality life by introducing twenty-five main steps to promote longevity. This handbook offers tips not only on maintaining longevity but also on body, mind, and spirit. Spirituality training in three sections and 660 pages. Success in one area leads to success in the others, and so author Earl Fee focuses on all three aspects of personal health. *One Hundred Years Young the Natural Way* is a complete guide to longevity, paving the way for a rich, long life by using natural methods to improve the quality of life. Including helpful information for diabetics and others with health challenges, it describes options for maintaining the healthiest diet possible. Fee explains that ten to twenty minutes of short, fast aerobic exercises can promote anti-aging more effectively than long, slow exercise sessions. He also explains that there are ten essential supplements as well as seventeen of the best vitamins and

mineral supplements that can help with the anti aging process From mental exercises that prevent dementia to ways to gain the power of the spirit One Hundred Years Young the Natural Way proves that its never too late take control and develop new healthy habits

THE SCIENCE OF YOGA MUDRAS K. Rangaraja Iyengar ,Prof. G.S. Mudambadithaya,2013-05-17

Yoga is flying across the shores of Bharatha all over the world like an eagle The entire humanity needs yoga today If going after Yoga to get rid of diseases is one dimension using Yoga to make our body healthy so that we can enjoy material pleasures is the other dimension This was not what those great Rshis who evolved Yoga had in mind Yoga is another name for pure living If man lives being aware of the purpose for which he was created what else can it be excepted in Yoga Human body is a temple In a larger sense it is the dwelling place of gods Whatever one finds in the world is present in the human body We have 72 000 Nerves in the body also we have 72 000 Nadies which are subtle channels and centres of energy We get a detailed account of these in books on Hatayoga In this background Mudras and Bandhas occupy a place of great significance We have a considerably difficult challenge to convert this Annamaya body into one the object of which is Dharma Sadhana Kalidasa has announced Shareeramadyam khalu dharma sadhanam Our sages have said Manaeva manushyanam karanam bandha mokshayoho Our mind is the cause of both Bandha and Moksha In that case how can we make use of the techniques available to us to the best of our advantage Mudras help us to keep our body and mind pure and chaste They are tools to lead us to life fulfilment When we activate the nerve and nadi centres in the body they make the flow of energy smooth Our body is a fantastic machine designed by the Creator He has set in it a super computer called the Brain All the activities in our body are controlled by the Mind The pressure exerted on certain key points in the body and in hands energises the centres in the brain We have come to know this truth as a result of experiments conducted in different parts of the world Acupressure specialists assert that if we activate certain points in the legs hands and ears we can ward off a number of disorders of the body In our ancient Tantra Marga we hear about Khechari Mudra During five thousand years after sage Vedavyasa our ancestors have devised a number of ways to help man keep himself fit They are simple and workable We get a sea of information about Mudra Science in a number of books on Yoga shastra and Tantra Shastra In a few of our epics also we get references to these Mudras

**BIOSynergenics** Karen Renee Gomez,2004 BIOSynergenics

Guerrilla Anti Aging keeps it real only better In their quest to retain a youthful appearance and fight the aging process appearance conscious vanity oriented Baby Boomer s and Generation X er s are turning more than ever before to plastic surgery Botox injections dermabrasion chemical and laser peels and other cosmetic procedures spending millions upon millions of dollars every year However each of those procedures carries with it an inherent risk of danger possible complications from anesthesia and the risk of adverse and irreversible side effects deformity infection scarring pigmentation changes nerve and muscle injury etc And they and millions of others who cannot afford those expensive cosmetic procedures are also spending billions of dollars every year on expensive anti aging lotions potions and creams each of which claims to be

THE definitive cure BIOSynergenics Guerrilla Anti Aging offers the readers a natural safe painless inexpensive alternative to the knife and needle In BIOSynergenics Guerrilla Anti Aging Karen Gomez takes the readers on an entertaining journey through a 24 hour day filled with fascinating factoids and personal anecdotal side trips This book is a collection of the best anti aging secrets from her 30 year life experiment with New Age as well as ancient natural anti aging methods and techniques for both prevention and rejuvenation Beauty comes from within starting with how you feel about yourself After a short lesson on how to make that small but critical attitude adjustment BIOSynergenics Guerrilla Anti Aging offers the reader a diverse array of simple unconventional anti aging techniques that take only a few minutes a day are literally at your fingertips and cost absolutely nothing BIOSynergenics Guerrilla Anti Aging combines elements of the ancient principles of Zen yoga color light therapy acupressure reflexology herbal therapy and naturopathy with contemporary methods practices and techniques such as visualization imagery the power of positive thinking autosuggestion self speak what we say to ourselves with proper breathing techniques proper skin care facial exercises facial massage and a healthy diet including vitamins minerals supplements and exercise that when practiced on a regular basis can be a renewal or rejuvenation program Complimenting the anti aging techniques to be used without BIOSynergenics Guerrilla Anti Aging also contains a diverse array of simple anti aging techniques to be used within to minimize free radical damage which is now believed to be the primary cause of aging By controlling stress and eliminating negativity utilizing deep breathing exercises eating properly combined foods at the proper time of the day avoiding food additives preservatives and hydrogenated fats and using other techniques described throughout the book free radical damage can be kept to a minimum thereby preventing the structural damage from cellular injury and breakdown which is the cumulative result of free radical damage the wrinkled skin stiff joints and hardened arteries of old age What makes BIOSynergenics Guerrilla Anti Aging so unique is its author Go to any bookstore and you will find two types of books on beauty and anti aging the book written by the M D or Ph D which is based solely upon his or her scientific research findings who usually do not visually typify their findings and the book written by the celebrity du jour whose recognizable face after spending how much on plastic surgery expensive cosmetic procedures and professional make up artists and name are used to market and sell the book Karen Gomez is not a researcher scientist or celebrity but just a regular everyday pe

**Yoga Exercises for Teens** Helen Purperhart,2008 Describes over one hundred exercises and yoga positions to help strengthen muscles and release tension for teenagers providing guidelines for exercises to be performed alone with others or with music

*Technoshamans* Carlo Pizzati,2012-02-15 Technoshamans is a humorous illuminating narrative non fiction book in which the author roams the world searching for places where technology and spirituality intersect The driving force of the book is the narrators quest for relief for a bad back which has tortured him for twenty years Armed with his notebook and an open heart and mind Carlo Pizzati embarks on a spiritual and medical quest taking him from a medical office in Northern Italy where a posturologist glues tiny white dots to his front teeth to the

mountains of Boulder Colorado where he tries Rolfing massage and yoga From there its only a hop and a skip to California where he is hooked up to the cutting edge of computer diagnostics a fancy high tech toy which uses tiny energy pulses to read his orthopedic problem The diagnosis fittingly for California is a karmic social crime committed in 1685 by a prior incarnation Thus begins the second movement of Technoshamans He flies back to the mountains above Portofino to attend several trance music raves designed to induce visions through electronic music In Argentina he experiences the famed indigenous shamans but also aura photographing computers and miscellaneous high tech channeling gadgets No mystical question would be complete without a passage to India Whether hes in an ashram in Tamil Nadu practicing Ashtanga in Mysore meeting the Big Enema ayurvedic doctor in Kovalam or chanting mantras at dusk or on the beaches of the experimental township of Auroville being led through a tearful explosive revelation about his past lives he continues to dwell on his fundamental themes Can spirituality coexist with the Machine Are we going to download ourselves into androids Will spirituality and technology do away with humanity Technoshamans through a compelling and closely observed first person narration asks these questions and more     Aging ,1972     **Mudras** Gertrud Hirschi,2016-01-15 A simple technique to achieve lasting health happiness and inner peace Yoga for the hands sounds too good to be true Do it at the office on an airplane lying in bed Seasoned yoga teacher Gertrud Hirschi has used these hand postures to ease asthma relieve flu symptoms think more effectively relieve tension and more Like a classroom instructor she guides readers with simultaneous breathing advice and conjures up helpful images Brian Bruya Amazon com Review Mudras are yoga positions for your hands and fingers They can be practiced sitting lying down standing or walking at any time and place These mysterious healing gestures can calm the stress aggravations and frustrations of everyday life Schooled in the traditional knowledge of this eastern art of healing well known Swiss yoga teacher Gertrud Hirschi shows how these easy techniques can recharge personal energy reserves and improve quality of life Readers will learn how to use the practice of mudras to Prevent illness and ailments Support the healing of many emotional issues Promote spiritual development Intensify the affect with breathing exercises affirmations visualizations herbs nutrition music and colors therapy Also included are several full body mudras and exercises to enhance any meditation and yoga practice     **Self Hypnosis (Easyread Comfort Edition)** Bruce Goldberg,2001     Stay Young With Yoga Nicola Jane Hobbs,2020-02-06 Move better get stronger and feel great no matter your age Keeping active moving well and stretching regularly are all important in living a long healthy and happy life In Stay Young with Yoga yoga teacher Nicola Jane Hobbs shows you how to stay flexible energised and pain free in your 40s 50s 60s and beyond Whether you want to move better get stronger ease aches and pains or simply feel fitter and healthier Nicola guides you through over 70 simple poses and 20 easy to practise sequences with variations and modifications so you can choose poses and sequences that suit you With routines designed to fit in with your lifestyle including morning sequences desk stretches de stress routines sequences to practice after gardening housework and in front of the TV as well as routines

for pain free movement workouts for strength and fitness and routines to support your other hobbies like golf tennis and dancing Stay Young with Yoga will give you the tools to get stronger fitter and healthier whatever your age **Yoga Journal**, 1994-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty THE KUNDALINI YOGA CHRISTIAN MASTER IS Frank M. Conaway, Jr., 2014-07-05 THIS BOOK IS ABOUT THE KUNDALINI YOGA SCIENCE FROM A CHRISTIAN BIBLE PERSPECTIVE

**Yoga Journal**, 1990-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoga Journal**, 1992-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty 40 Days to Enlightened Eating Elise Cantrell, 2012-07 Reinvent yourself Combine the time tested wisdom of sister sciences Yoga and Ayurveda to reinvigorate your metabolism optimize your weight awaken your energy and enliven your spirit Uncover your ideal blueprint By changing your eating alone you can change your life Modern culture has lost touch with the way we were designed to eat The result is weight gain sluggish energy and compromised health The mind is clouded and the spirit is dull When it comes to eating and food the ancient knowledge and common sense behind Yoga and Ayurveda is needed now more than ever Rediscovering this wisdom alone can transform the body mind and spirit in just 40 days There will be no counting calories fat carbs or points This enlightened way of eating did not originate in Beverly Hills or South Beach but from long ago and far away These forty days aren't only about losing weight but about gaining health energy and vitality Many eating plans cause weight loss at the expense of energy and health This plan is different This plan is developed to lighten not only your body but the mind and spirit too Optimal weight health energy and vitality are the natural by product of eating in the way we were designed to eat Each day is a chapter in the book Each chapter is one step forward on the journey to transformation The next forty days will detoxify the system and reset your cravings appetite metabolism and eating patterns Forty days is the spiritually prescribed time period needed to reconstruct habits and forge lasting change Watch your metabolism ignite your moods lift your energy surge and your spirits soar Your optimal self is there waiting for you at the end of the forty days



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