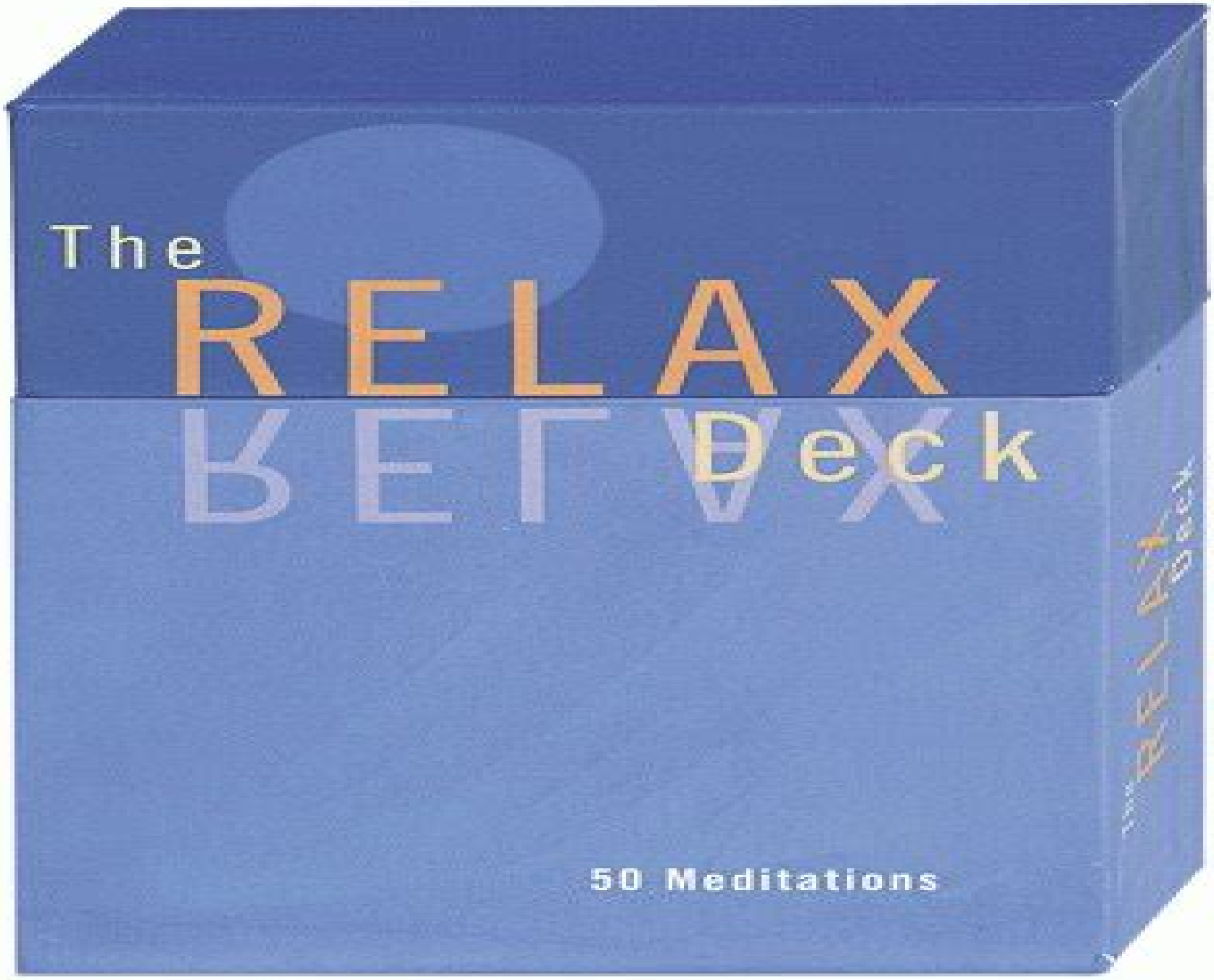
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Duncan Baird

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The Perfect Calm Deck Chronicle Books,2012-07-06 Figuring out how to tap into inner calm even for a few minutes each day is essential for well being and peace of mind With an inspirational image and a simple guided exercise on each card this handy deck will help you relax both mind and body and appreciate the simple pleasures all around you **The Perfect Calm Deck** ,2002 **The Essential Meditations Deck** Chronicle Books,2025-02-26 We often forget to bring quiet meditative time into our lives With a contemplative image and a simple guided exercise on each card this portable deck provides an enjoyable entre to the practice of meditation helping you focus reflect and find balance **Spa Deck** Barbara Close,2001 Introductory text about using aromatherapy herbs and other materials for home spa treatments Each accompanying card describes one treatment recipe or activity with color photo Issued in illustrated container Good Housekeeping ,2000 **Relax Deck** , **Desk Yoga Deck** Darrin Zeer,Daisy Talleur-Zeer,2022-08-09 Desk Yoga offers approachable stretching and wellness practices that are easy to incorporate into your workday routine wherever your office might be Work and life have changed so it s time to change how we care for our bodies during work hours The practical and beautiful deck offers 52 practices that can be done anytime anywhere Whether you need a stretch break or a mental reset whether you have 10 minutes during lunch or only 2 minutes between calls there is something for everyone no mat required Organized by Chair Yoga Standing Yoga Pranayama Mudras and Meditation Mindfulness exercises this accessible guide to mental and physical health works no matter where you find your desk Approachable humorous and easy this handsomely packaged and affordably priced guide is the perfect self purchase or gift for anyone who wants an easy way to incorporate yoga into their everyday routine FOR THE WAY WE WORK NOW DESK YOGA speaks to a large audience of people experiencing stress and anxiety around balancing home and work life as well as to the aches and pains from their makeshift work spaces commutes and daily life FOR ANY INDUSTRY ANY JOB Great for every industry and any level of seniority Workers need ways to get a stretch in or take a mental break at their desk wherever it may be and especially in cobbled together at home work environments where simple stretches and yoga postures offer relief from not so great ergonomic setups FOR ALL SKILL LEVELS Each exercise fits in your day rather than you trying to find a way to fit it in The accessible presentation realistic approach no mat or outfit change required and easy to follow exercises will appeal to anyone looking to bring a little calm into their daily life from yoga and meditation newbies who need some guidance to seasoned practitioners looking for fresh ways to incorporate yoga into their everyday routines Perfect for Mind body spirit enthusiasts yogis and meditators Working parents who are short on time WFH employees who need to stretch out and calm their mind Fans of Office Yoga 7 Minutes to Fit Two Minute Mornings Yoga Dice Yoga Deck and Healing Yoga Deck **Relax** Duncan Baird,2021-10-12 A volume of fifty meditation exercises with beautiful illustrations designed to ease and refresh an exhausted mind These days in the quest to calm the body mind and soul finding the time to relax can be a real challenge This

handy volume features a series of meditations that can be used at any time Drawn from Eastern and Western traditions each one combines a brief text with an inspirational image By envisioning rays of dappled sunlight through the petals of a flower the Lotus Blossom meditation teaches not to forget the spiritual side amidst the frantic pace of modern life while the Yin and Yang card focuses on the strength found in a glimmer of hope that flickers in darkness On a hillside in the backyard or even at the office Relax can teach anyone the art of letting go Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement Christine Mason,Jeffrey Donald,Krishna Kaur Khalsa,Michele M. Rivers Murphy,Valerie Brown,2021-11-17 In chaotic times a deep breath can bring calm to your classroom As the pandemic recedes and the world gradually returns to normal it s more important than ever to make your classroom a place that supports mental health and improves overall wellness With this practical research based guide you ll incorporate age and grade appropriate meditation breathing mindfulness and secular yoga activities into your teaching in ways that work for in person as well as virtual and hybrid settings Features include Adaptations for special populations including those who have experienced trauma Recommendations for family involvement in social emotional learning Guidance on self care for teachers and school staff Data from successfully implemented programs Dozens of illustrations QR codes and reflective questions The Deck of Yoga Deepak Chopra,2024-01-23 Embrace the personal transformation of yoga with this illustrated deck of 50 postures that promote full body wellness from renowned mindfulness expert Deepak Chopra This deck of cards offers fifty yoga postures all drawn from Deepak Chopra s Living in the Light to help you begin or build on your personal yoga practice With its portable format easy to display on a desk or pack in a bag The Deck of Yoga allows you to incorporate these rejuvenating positions into even the busiest schedule You ll find a variety of postures to benefit your overall wellness including Mountain Pose for strengthening your lower body and vertical alignment Tree Pose for opening the inner and outer hips and strengthening the spine Tiger Pose for helping create symmetry in the body and working both hemispheres of the brain simultaneously Each card features illustrations instructions and tips for the featured posture Pull a card and explore the pose or choose several to build a longer practice You can also use the included sequence suggestions to tailor your practice to your specific physical and emotional needs The Deck of Yoga can be an introduction to yoga or a way to deepen your existing practice Just grab your yoga mat and find a space to begin **Subject Guide to Books in Print** ,1991 The Healing Yoga Deck Olivia Miller,2018-10-02 The sequel to the bestselling Yoga Deck from Olivia H Miller This handy deck of cards provides detailed instructions for a variety of yoga poses that help alleviate and prevent pain and enhance overall wellbeing Whether you re a yoga novice interested in pain prevention and relief or if yoga is a part of your everyday routine these handy cards can help you take control of your health Each card has an illustration of a pose step by step instructions and options for more or less of a challenge ensuring that people of different ages and physical abilities can safely use the deck and reap all the benefits The tri fold introduction card includes a table of contents suggestions for using the deck a brief explanation about the

benefits of yoga and suggested sequences Shows how to perform 60 yoga poses meditations and recommended sequences to alleviate pain prevent chronic conditions and boost overall well being Contains illustrations for more than 50 new poses Each illustrated card includes step by step instructions a list of benefits and an affirmation Fans of The Yoga Deck 50 Poses Meditations for Body Mind Spirit The Stretch Deck 50 Stretches and The Chakra Deck 50 Cards for Promoting Spiritual and Physical Health Relax and Rejuvenate will love this card deck Idea cards for anyone who wants an alternative way to alleviate pain Great gift for yoga enthusiasts of all ages and levels Perfect portable deck for those practicing self care and wellness rituals **Yoga and Meditation at the Library** Jenn Carson,2019-05-15 Yoga and meditation have a proven track record of lowering stress levels helping to treat mental health issues such as depression and post traumatic stress disorder building community and contributing to an overall sense of wellbeing in their practitioners According to recent surveys 1 4 of North American libraries have offered meditation programs and 2 3 have offered yoga classes Carson a professional yoga teacher and library director has been leading yoga and meditation programs in schools and libraries for over a decade and she presents this guidebook to give others the tools for serving library patrons of all ages and abilities Inside Yoga and Meditation at the Library you will find 21 program models including choreographed yoga sequences complete with pictures passive program ideas alternative collections suggestions budget considerations literacy tie ins and checklists for prep teardown and follow up as well as advice from real world program delivery Chapters include What are Mindfulness and Meditation What is Yoga Implementing Yoga and Meditation Programs in Your Library Choosing Resources and Designing SpacesPassive Programs and Alternative CollectionsPolicies and Procedures for Avoiding and Handling ProblemsYoga and Meditation for the Early Years Yoga and Meditation for Elementary Age Students Yoga and Meditation for Teens and Young Adults Yoga and Meditation for Adults and Seniors Yoga for Every Body Inclusive Programming through Outreach and Inreach This book is for any programming librarian administrator yoga and meditation teacher or outreach coordinator looking to boost circulation stats program numbers literacy rates and foster health and wellness in their community *The Publishers Weekly* ,2002 *THE SCIENCE OF YOGA* Pankaj Singh,Dr. Ravi Prakash Singh,Dr. Awadhesh Kumar Singh,Anita Pharswan,2024-06-09 The word Yoga is derived from Sanskrit root yuj which means join or unite This may be taken as the union of body mind and soul and is used in the literature both as an end as well as means As an end yoga signifies integration of personality at the highest level As means yoga includes various practices and techniques which are employed to achieve the development of such integration These practices and techniques are means in the yogic literature and are also referred collectively as Yoga Teaching Yoga for Life Nanette Tummers,2009 The author will provide instruction to safely teach yoga but in the context as a lifelong holistic practice and with a pedagogical emphasis Included in the book is a brief introduction to yoga content that explains the yoga philosophy but in simplified messages on how to live a better life

Tarot Shuffle: A Meow-gical Adventure Pasquale De Marco,2025-04-27 Embark on a magical journey into the world of

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