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Tree Of Yoga

Tiffany M. Field, PhD, is the director of the Touch Research Institutes at the University of Miami School of Medicine and Fielding Graduate University. She is recipient of the American Psychological Association Distinguished Young Scientist Award and has had a Research Scientist Award from the NIH for her research career. She is the author of *Infancy, The Amazing Infant, Children A to Z, Adolescents A to Z, Heartbreak, Advances in Touch, Touch Therapy, Massage Therapy Research, and Complementary and Alternative Therapies*, the editor of a series of volumes on *High-Risk Infants*, and on *Stress & Coping*, and the author of over 450 journal papers. This book is a review of recent literature on yoga research. First, the review covers the physiological effects of yoga on heart rate and blood pressure followed by the physical effects on balance and flexibility, muscle strength, weight loss and sexual function. Psychological problems that are affected by yoga are then summarized including anxiety, posttraumatic stress disorder and depression, as well as physical conditions including pain syndromes, cardiovascular, autoimmune and immune conditions. Finally, separate sections are devoted to yoga effects on pregnancy, children and adolescents and the aging. Potential underlying mechanisms are proposed including the stimulation of pressure receptors leading to enhanced vagal activity and reduced cortisol. The reduction in that stress hormone may, in turn, contribute to several positive effects including enhanced immune function and lower prematurity rates.

Yoga Games for Children

An illustrated picture book offering a playful introduction to yoga through dinosaurs. The latest yoga picture book from bestselling author Mariam Gates introduces children to the joys and benefits of yoga—through dinosaurs! Triceratops, Pterodactyl, T-Rex, and others learn to bend, stretch, and breathe through a yoga flow. Instead of being sad, mad, or frustrated when things aren't going their way, the dinosaurs practice yoga to feel better. The book features a parents' guide to the depicted postures and a glossary of dinosaurs at the back. As the creator of the celebrated Kid Power Yoga, Gates knows that teaching children yoga sets them up for better habits of flexibility, fitness, and self-soothing. With *Dinosaur Yoga*, kids can stomp, stretch, and snort their way to skills that will serve

them for a lifetime.

The Many Ways to Nirvana

80 fun mindfulness games and activities to teach children ages 5-8 to calm themselves down, focus, be attentive to people around them, and to feel more peaceful. Mindfulness is one of the most effective practices to teach kids to calm themselves in stressful moments, increase focus and attention, ease anxiety, and promote a sense of empathy toward others. Eline Snel's Sitting Still Like a Frog method of meditation has introduced hundreds of thousands of children worldwide to become more relaxed and attentive, more aware of their bodies and emotions, and to be more open toward others. This Sitting Still Like a Frog Activity Book is packed with entertaining and useful activities that children can do alone or with a parent, including yoga exercises for tuning into your body; art and cooking projects; stories to meditate on; posters to color and cards to cut out; stickers; attention games; love notes to share; the big family frog game; and much more!

Yoga Where You Are

Este es un libro dirigido específicamente a las familias, para ayudar a los niños a superar berrinches y ser más observadores y atentos, y a los padres a no ponerse nerviosos y transmitir calma: una propuesta muy atractiva. Incluye muchas actividades, ideas y juegos. La autora presenta también las ventajas del mindfulness, en adultos y sobre todo en niños, y algunas de sus características principales, como amabilidad, concentración, curiosidad, creatividad, aceptación, generosidad, compasión, silencio, observación del cambio. ENGLISH DESCRIPTION When your child has a meltdown, it can be difficult to keep cool, let alone help your child to calm down. Ready, Set, Breathe offers real solutions to help you both deal with stress using everyday mindfulness games, activities, rituals, and habits. This book is fun, engaging, and effective.

Freud for Beginners

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La maga

A meditação é um momento em que nos permitimos um “break”. É um momento em que podemos estar a sós, em silêncio, sem nenhum “plim” do nosso celular chamando a nossa atenção, e, principalmente, sem nós mesmos estarmos nos cobrando, nos julgando e nos preocupando com algo que não é real. É um momento de relaxamento, de prazer, de calma; uma sensação gostosa de não precisar fazer absolutamente nada. Porém, estamos acostumados a viver uma vida frenética, esse “não fazer nada” é justamente o que parece ser o mais difícil de conseguir. Foi por essa razão que decidi apresentar, neste guia, várias ferramentas, com a intenção de ajudar o principiante a descobrir qual a prática que mais lhe convém. São métodos simples, fáceis de entender e de praticar, mas com muito potencial para tornar a sua vida mais fluida e tranqüila. (texto da orelha)

por Lîla Schwair)

El Libro español

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

Yoga for Health

Storytime Yoga enlightens young minds with the magic of yoga while recounting some of the world's most delightful, instructive stories in a way that encourages literacy and vibrant physical health. Includes eight multicultural wisdom stories scripted with yoga poses, as well as instruction for relaxation and meditation using story. Designed for parents, teachers, and anyone interested in working with kids from Pre-K through 6th grade, it is packed with inspired and yet practical information.

Tibetan Yoga of Movement

Yoga For Dummies

Find freedom in your yoga practice with this empowering guide from beloved yoga teacher and social justice activist Dianne Bondy and Yoga International editor-in-chief Kat Heagberg. *Yoga Where You Are* welcomes readers of all backgrounds, body sizes, and abilities into the practice of yoga. Dianne Bondy and Kat Heagberg offer everything you need to know to build a custom yoga practice that supports you exactly where you are--now and at every stage of your life's journey. *Yoga Where You Are* discusses how yoga intersects with body image, introduces essential information on elements like breathwork and meditation, and celebrates yoga's diverse roots through an introductory chapter on its origins and history. Whether you're a beginner, a seasoned practitioner, or a yoga teacher, the step-by-step instructions for hundreds of customizable pose variations provide an essential resource you can turn to as your practice evolves. Bondy and Heagberg also present tips to find inspiration and creativity on the mat. With truly inclusive language, alignment options for real bodies, and photos of a range of practitioners, the book provides you with everything you need to customize and deepen your practice with clarity and confidence.

Yoga ilustrado para principiantes, intermedios y avanzados

The Complete Book of Vinyasa Yoga

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their

ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.

Yoga in the Jungle

Introducing the method of Yantra Yoga, one of the oldest recorded systems of yoga in the world, this guide provides detailed instructions and more than 400 instructional photos that describe the sequence of movements, methods of breathing and the concrete health benefits of this practice. Original.

Tiempo libre

Invaluable wisdom from one of the most revered and trusted leaders and writers in the world. His Holiness the Dalai Lama continues his interpretation of the ancient wisdom of the Buddha for the modern world. He speaks to us about the paths to self-realisation, and the need to overcome negative emotions in order to develop one's inner consciousness. Wise, compassionate and pragmatic, he offers advice on many everyday issues such as how best to free yourself from emotional afflictions and petty cravings, and how to transform anxiety and depression into contentment.

Yoga Anatomy

Piaget for Beginners

Freud revolutionised the way we think about ourselves. This book demystifies the facts of Freud's discovery of psychoanalysis and explores the story of his life and work.

Yoga para Dummies

El padre infiel

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

Libros españoles

Designed for children ages three and up, offers sixty-eight exercises and games based on traditional yoga exercises to help improve flexibility and motor skills and develop confidence and awareness.

Yoga Sequencing

It was the perfect plan: abandon pet rabbit Floppy in the woods and take a giant leap toward adulthood. Having a bunny that moonlights as a best friend is for babies, right? It's better to cut a pet loose, make new human friends, and not be so dependent on a floppy-eared fur ball bent on chewing electrical cords, right? If saying good-bye to Floppy is required to grow up, why does life without Floppy seem so wrong? From Benjamin Chaud, the critically acclaimed author/illustrator of *The Bear's Song* and *The Bear's Sea Escape*, comes this unforgettable, thought-provoking picture book about the power of unlikely friendships.

Dinosaur Yoga

Serviços Bibliográficos da Livraria Portugal

Albert Camus, winner of the Nobel Prize for Literature in 1957, always refused the existentialist label with which he is usually associated. This book traces the development of his life and work.

1, 2, 3, Respira / Ready, Set, Breathe

Una novela de suspenso que explora las complejidades del matrimonio y las peligrosas verdades que ignoramos en nombre del amor. Cuando lees este libro, tendrás muchas suposiciones. Supondrás que estás leyendo la historia de una esposa celosa y su obsesión con la mujer tomó su lugar. Supondrás que estás leyendo la historia de una mujer a punto de iniciar un nuevo matrimonio con el hombre que ama. Supondrás que la primera esposa era un desastre y que el esposo hizo bien librándose de ella. Supondrás que sabes los motivos, la historia, la anatomía de las relaciones. No supongas nada. Prepárate para la lectura de tu vida. Greer Hendriks y Sarah Pekkanen exploran las complejidades del matrimonio, las relaciones entre mujeres, y las peligrosas verdades que ignoramos en nombre del amor. Vanessa, de tiene treinta y siete años se ha divorciado recientemente de su marido adinerado y se encuentra postrada en cama en el apartamento de su tía en Nueva York, sintiéndose como si estuviera anclada a ese lugar. No tiene hijos, no tiene dinero ni tampoco amigos verdaderos. Richard, su exesposo carismático y apasionado era su vida entera. Cuando se da cuenta que ahora él está comprometido con la mujer con quien tuvo una aventura su mundo se hace trizas. Se imagina a Richard susurrando las mismas cosas que solía decirle a ella: voy a hacerte tan feliz. Tú eres mi mundo. Solo puede pensar que su reemplazo ahora tiene la familia que ella quiere tan desesperadamente. A medida que crece su obsesión, Vanessa comienza a rastrear a la mujer joven y hermosa que intervino en su matrimonio. Acechándola. Esperando el momento oportuno para hacer lo

que sea necesario para impedir la boda. Faltan solo unas semanas para la boda, y todo está listo. Nellie parece ser como el resto de mujeres jóvenes que se mudan a Manhattan para comenzar su vida adulta. Comparte ropa con su compañera de habitación y lucha para reducir los gastos en su tarjeta de crédito y su cintura. Pero no es tan despreocupada como intenta aparentar. En su mente, ella lo llama «el incidente», un secreto muy bien guardado que la obligó a huir de Florida y que le impide caminar a su apartamento sola por la noche. Es la razón por la cual tiene un bate de béisbol junto a su cama, y tres cerraduras dobles en la puerta de su casa. Cuando conoce a Richard, este le dice que es soltero y le promete mantenerla a salvo. Pero entonces comienzan las misteriosas llamadas telefónicas. Alguien voltea la fotografía suya que está sobre la mesita de noche de Richard. Y el pañuelo de su papá, el que ella planeaba usar para atar su bouquet, desaparece. Cuando Nellie se da cuenta que tal vez la ex de Richard no quiere dejarlo ir, la persigue el temor de que alguien la está vigilando. Alguien que quiere hacerle daño. Pero ¿quién? Una historia que gira alrededor de los complejos problemas psicológicos que yace en el corazón de un peligroso enredo romántico. Un thriller psicológico con giros trepidantes que cautivará a los lectores desde la primera escena hasta el sorprendente final.

Storytime Yoga

Sri T. Krishnamacharya (1888–1989) was the most influential figure in the last 100 years in the field of yoga. Many of today's best-known yoga teachers—including his brother-in-law B. K. S. Iyengar, his son T. K. V. Desikachar, and Pattabhi Jois, founder of Ashtanga yoga—studied with him and modeled their own yoga styles after his practice and teaching. Yet, despite his renowned status, Krishnamacharya's wisdom has never before been made completely available, just as he taught it. Now, in *The Complete Book of Vinyasa Yoga*, Srivatsa Ramaswami—Krishnamacharya's longest-standing student outside his own family—presents his master's teachings of yogasanas in unprecedented detail. Drawing upon his 33 years of direct study, beginning in 1955 and continuing nearly until his teacher's death, Ramaswami presents more than nine hundred poses and variations in logically structured sequences, precisely describing Krishnamacharya's complete Vinyasakrama system. Along with every movement of each yoga posture, he covers the proper breathing techniques for each pose—something no other book also derived from Krishnamacharya's teaching does. Nearly 1,000 full-color photographs are featured in this authoritative landmark presentation of the study practiced by the "grandfather of modern yoga."

esposa entre nosotros

Una fuerza siniestra se ha despertado en la pequeña isla de Serendipity. Annie Hansen, joven investigadora privada esquizofrénica, se enfrenta al reto de resolver los horripilantes asesinatos del alcalde de la isla y de un médico. Cuando el detective Mark Snow se suma a la investigación, hace equipo con Annie para agarrar al asesino. Pero el pasado de Annie la persigue y ella lucha por sobreponerse a su esquizofrenia, a la muerte de su madre y al abandono de su padre. La investigación da un giro inesperado cuando Annie y su novio Samir se ven incluidos entre los sospechosos. ¿Cuál es el mensaje críptico que se esconde entre los archivos del difunto doctor? ¿Es posible que la misma Annie, o uno de sus

amigos, sea culpable de los pavorosos crímenes?

Breathe

Yoga Para Toda La Vida / Yoga for Life

Introducing Camus

Accompanying CD contains songs written by Jimmy Dunne.

Yoga for Children

An introduction to the works of Jean Piaget that provide information on key moments in his life, the principle ideas behind his theories, and the methods he used to develop his ideas about genetic psychology.

Guia de Meditação para Principiantes

Introducing Lévi-Strauss is a guide to the work of the great French anthropologist Claude Lévi-Strauss (1908–2009). The book brilliantly traces the development and influence of Lévi-Strauss' thought, from his early work on the function of the incest taboo to initiate an exchange of women between groups, to his identification of a timeless “wild” or “primitive” mode of thinking – a *pensée sauvage* – behind the processes of human culture. Accessibly written by Boris Wiseman and beautifully illustrated by Judy Groves, Introducing Lévi-Strauss also explores the major contribution that Lévi-Strauss made to contemporary aesthetic history – his work on American-Indian mythology provides a key insight into the way in which art itself comes into being. This is an essential introduction to a key thinker.

Club de lectores

"Written for a broad yoga market that includes teachers, teacher trainers, studio owners, and students, Yoga Sequencing presents 67 sequences of poses designed for a range of yoga student experience and offers a comprehensive resource for designing and refining yoga classes"--

Sitting Still Like a Frog Activity Book

«Tal vez no me gustan los hombres.» El día en que tu mujer rompe de repente a llorar en la cocina se produce un pequeño cataclismo: tu existencia se desmorona pero, a la vez, empieza a entenderse. Es entonces cuando el narrador de la novela, Glauco Revelli –chef en un famoso restaurante, de cuarenta años de edad y padre de una hija de tres años– comienza a ver cómo es realmente su vida. Al tiempo que narra sus experiencias vitales, como el acceso al mundo laboral, el enamoramiento, la construcción de una familia, Revelli va reflexionando también sobre los cambios de roles y valores que se han producido en nuestra sociedad con el cambio de siglo, cambios que cuestionan radicalmente los esquemas mentales

con los que había crecido: «Nuestro error había sido querer ser felices. Las generaciones que nos habían precedido nunca habían sometido el matrimonio a esa clase de hipoteca». Finalista del Premio Strega 2014, *El padre infiel* retrata la educación sentimental de toda una generación. Una novela que se lee con avidez, como si fuese una larga confidencia, y que confirma a Scurati como uno de los más destacados autores italianos contemporáneos. «Se salvan de la quema novelistas originales como Antonio Scurati, cuyo verbo ágil, actual, brillante, retrata al hombre de clase media europeo con desparpajo, punzando con inteligencia en sus puntos sensibles, las relaciones de pareja, la difícil decisión de la paternidad, los conflictos laborales, las dificultades de subsistir en una ciudad como Milán. Capta los dilemas a los que se enfrenta el hombre en la primera década del XXI.» Germán Gullón (El Cultural) «Novela espléndidamente escrita y cuyo tema universal la hace recomendable para padres, madres o quien no lo sea.» Luis Alonso Girgado (Diario de Ferrol) «De un tirón se lee esta novela que, como una larga confidencia a un amigo, ha escrito Antonio Scurati.» Aurora Pimentel (Aceprensa)

Hermana de sangre

This is more than a Yoga book, more than an exercise book, more than a nutrition guide, more than a cookbook. It is all three. And it presents the total way of life by America's foremost yoga instructor.

Twinning It!

Follow your dreams, work hard and stay positive to make the impossible possible! In *Twinning It!*, globally popular acrobatic duo and Youtube sensations Sam and Teagan Rybka share their life story to date, as well as lots of tips and advice for balancing family and friends with fitness goals, fashion, beauty and fun. Learn to navigate social media, feel confident in the skin you're in and realise that the highs and lows are all just part of growing up. Teaching dance by day and making Youtube videos by night for their 5 million-plus followers, the Rybka twins share their formula for success in dance, acro and life, as well as a behind-the-scenes look at their appearances on Australia's *Got Talent* and *Dance Moms*, and never-before-seen photos of acrobatic poses taken on stunning beaches, bringing their Aussie way of life and sunny attitude to the world.

Introducing Levi-Strauss

The ABCs of Yoga for Kids

Beautiful two colour gift package of B.K.S. Iyengar's yoga-based philosophy for life.

Brecha

Winner at the 2014 Living Now Book Awards *Yoga in the Jungle* is a wonderful tale of friendship that unfolds in the vibrant jungle of India, introducing young readers to the practice of yoga. While mimicking the body language of the exotic animals in the story, the beautifully illustrated yoga poses will help children to improve

their poise and concentration, nurturing a learning process that will fill them with peace, happiness and a sense of being connected to nature. Guided Reading Level: P, Lexile Level: 640L

Understanding Your Grief

Farewell Floppy

Learn the safe and easy way to benefit from the practice of yoga, as you design and follow your own personal program.

YOGA Research

El yoga ha proporcionado paz y salud a millones de personas desde hace casi cinco mil años, y tú también puedes enriquecerte con su práctica. Deportistas de élite, personas convalecientes de lesiones o enfermos con dolores crónicos encontrarán los ejercicios adecuados a sus necesidades. Tanto si eres principiante como si ya tienes experiencia, con esta segunda edición de Yoga para Dummies descubrirás el extraordinario potencial de tu cuerpo mientras fortaleces tu mente. • Para empezar con buen pie — aprende rápidamente los aspectos fundamentales del yoga, tanto si asistes a clases como si practicas por tu cuenta. • Las posturas básicas — con ayuda de ilustraciones y fotografías útiles, aprende las posturas sentadas, de pie, ejercicios de equilibrio, flexiones o rotaciones. • El arte (y el ejercicio) de la relajación — aprende técnicas de relajación que funcionan y descubre cómo tener una actitud sana y practicar el yoga de forma segura para liberarte del estrés. • Las edades del yoga — proporciona equilibrio a los niños y adolescentes, encuentra rutinas fáciles para adultos y adapta el yoga a la vida de los mayores. • Yoga y embarazo — hazte con las técnicas más modernas (y seguras) del yoga para el embarazo y el posparto.

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