



## Mind-Body Fitness For Dummies

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By Iknoian, Therese

For Dummies, 2000. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword. Introduction. PART I: Setting Out on the Mind-Body Path. Chapter 1: Making the Mind-Body Connection. Chapter 2: Choosing Your Path. Chapter 3: Finding What You Need: Garments, Gear, Space, and Instruction. Chapter 4: Bringing You All the Movement Basics. PART II: The Science and Art of Mind-Body Methods. Chapter 5: Getting Your Mind and Body Fit and Healthy. Chapter 6: Managing Your Health Mindfully. PART III: Yoga Primer and Postures. Chapter 7: You Go, Yoga! The Basics and Benefits. Chapter 8: Preparing Yoga Postures. Chapter 9: Lining Up Your Yoga Sequence. PART IV: The Flow of Ancient Chinese Mind-Body Arts. Chapter 10: Slowing Down with Tai Chi Chuan. Chapter 11: Finding Your Inner Fountain of Energy with Qigong. Chapter 12: Mixing and Matching Chinese Mind-Body Arts. PART V: Presenting Pilates. Chapter 13: Benefitting from the Power of Pilates Movement. Chapter 14: Performing Pilates-Inspired Exercise. Chapter 15: Picking a Pilates Lineup. PART VI: Exploring More Mind-Body Methods. Chapter 16: Trying Out the Modern Classics. Chapter 17: Meeting the New Kids on the Mind-Body Block. PART VII: Pulling It All Together. Chapter 18: Making...



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