



Mind-Body Fitness For Dummies

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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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

Other Books



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...



The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB COLLECTION REVEALED PREMIUM EDITION. This one of...



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CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



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Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is delightful. Toddlers celebrating the holiday will enjoy...



Zach Apologizes

Free Spirit Publishing Inc., U.S. Hardback. Book Condition: new. BRAND NEW, Zach Apologizes, William Mulcahy, When Zach shoves his little brother to the floor, he knows he did something wrong. Even so, it's hard to apologize--especially when Alex kind of deserved it! Like...



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