



Breathing Space: Twelve Lessons for the Modern Woman, Katrina Repka, Alan Finger, Hyperion, 2008, 1401303471, 9781401303471, 256 pages. "This is the story of a year I spent in New York, studying with Yoga Master Alan Finger." When Katrina Repka moved to New York, she was eager to shed her past and begin a new life, but she soon discovered that her old problems had followed her to the big city, and that instead of finding herself, she was more lost than ever. It was when she was almost ready to give up on everything that she read a magazine article on Master Yogi Alan Finger and knew that she had to meet him. It was a meeting that would change her life. Over the next twelve months, with Alan's help, Katrina tackled and overcame many of the obstacles holding her back. Dealing with issues that every woman will relate to--criticism, emptiness, balance, family, and creativity (among others)--the twelve chapters in Breathing Space follow Katrina's ups and downs in New York. At the end of each chapter there is a simple but effective breathing exercise that will help readers eliminate harmful behavior patterns and speed their own process of personal transformation. Breathing Space is an inspiring and instructive book that offers every woman the chance to follow the author's path and become the person she truly wants and deserves to be..

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Pranayama Beyond the Fundamentals An In-Depth Guide to Yogic Breathing with Instructional CD, Richard Rosen, 2006, Health & Fitness, 214 pages. Some kind of pranayama exercise is a regular feature in most Yoga classes, and this book-and-CD set brings the serious practitioner to a more advanced level. Richard Rosen ....

Breathing Space A Spiritual Journey in the South Bronx, Heidi Neumark, 2004, Biography & Autobiography, 286 pages. With its hard-nosed realism and passion for God, this memoir should appeal to people of faith across the political spectrum. Publishers Weekly (starred review) Winner of a ....

The Breath Book 20 Ways to Breathe Away Stress, Anxiety and Fatigue, Stella Weller, Dec 1, 1998, Health & Fitness, 159 pages. Gives clear, instructions for 20 simple techniques which can be incorporated into everyday activities to promote health & healing & to enhance performance & productivity ....

Sivananda Companion to Yoga , , Apr 19, 2000, Health & Fitness, 192 pages. Demonstrates yoga postures, including some for children, the elderly, and pregnant women; recommends breathing exercises and meditation; and discusses nutrition, fasting ....

The Incredible Shrinking Critic 75 Pounds and Counting : My Excellent Adventure in Weight Loss, Jami Bernard, 2006, Biography & Autobiography, 286 pages. A humorous personal account of the author's successful weight-loss journey describes how she charted her initial weight loss in a New York Daily News column, made progress ....

Yoga for Stress Relief , Swami Shivapremananda, 1997, Health & Fitness, 143 pages. Through images and text, this three-month program presents asanas (positions), breathing exercises, and

meditations that will help de-stress the body and prevent future stress ....

The Art of Breathing 6 Simple Lessons to Improve Performance, Health, and Well-being, Nancy Zi, 2000, Health & Fitness, 240 pages. In this acclaimed classic--updated with a new Preface--an opera singer, voice teacher, and chi kung expert proposes a simple program of abdominal deep breathing exercises to ....

Science of Breath A Practical Guide, Swami Rama, Rudolph Ballentine, Alan Hymes, 1998, Health & Fitness, 119 pages. Describes the anatomy and physiology of breathing, as well as the subtle yogic science of prana..

Yoga Zone Yoga for Life An Intermediate Guide to Health, Fitness, and Relaxation, Alan Finger, Elizabeth Royles Parker, 2004, Health & Fitness, 175 pages. A guide for intermediate and advanced yoga students sheds new light on the principles and practice of the ancient wellness tradition, offering a collection of asana sequences ....

Foam Roller Workbook Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques, Karl Knopf, Apr 12, 2011, Health & Fitness, 144 pages. Once used exclusively in physical therapy settings, the foam roller has made its way into yoga and Pilates studios, gyms and homes. With this simple device, you can: improve ....

Ten Zen Seconds Twelve Incantations for Purpose, Power and Calm, Eric Maisel, 2007, Health & Fitness, 245 pages. Changes stress into strength..

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