

lotus yoga and wellness

Lotus Yoga and Wellness: Find Your Inner Bloom

Are you searching for a sanctuary where you can reconnect with your body, mind, and spirit? Do you crave a wellness experience that goes beyond the superficial, offering genuine transformation and lasting peace? Then welcome to the world of Lotus Yoga and Wellness – a journey of self-discovery and holistic well-being. This comprehensive guide dives deep into the philosophy and practice behind Lotus Yoga and Wellness, exploring its unique offerings and how it can help you blossom into your best self. We'll cover everything from the types of yoga offered to the other wellness services available, making sure you leave feeling informed and inspired to begin your own transformative journey.

Understanding the Lotus Symbolism in Wellness

The lotus flower, a symbol of purity, enlightenment, and rebirth, perfectly encapsulates the essence of Lotus Yoga and Wellness. Emerging from muddy waters to bloom beautifully, the lotus represents the potential for growth and transformation even in the face of adversity. Our approach to wellness mirrors this powerful symbolism; we help you navigate life's challenges and uncover your inner strength to blossom into a healthier, happier version of yourself. We don't just offer physical fitness; we cultivate inner peace and resilience.

A Diverse Range of Yoga Styles at Lotus Yoga and Wellness

At Lotus Yoga and Wellness, we believe that yoga is not a one-size-fits-all practice. We offer a diverse range of styles to cater to various levels of experience and individual needs.

Hatha Yoga: This foundational style emphasizes basic postures (asanas) and breathwork (pranayama), making it perfect for beginners. Hatha yoga focuses on building strength, flexibility, and mindfulness.

Vinyasa Yoga: A more dynamic and flowing style, Vinyasa links movement with breath, creating a continuous sequence of postures. This style improves cardiovascular health, strength, and balance.

Yin Yoga: Yin yoga targets the deep connective tissues of the body by holding passive poses for extended periods. It promotes relaxation, improves joint mobility, and reduces stress.

Restorative Yoga: This gentle style utilizes props like bolsters and blankets to support the body in deeply relaxing poses. Restorative yoga is ideal for stress reduction, promoting deep relaxation, and improving sleep quality.

Prenatal Yoga: Designed specifically for expecting mothers, prenatal yoga focuses on strengthening the body, preparing for childbirth, and promoting relaxation and well-being during pregnancy.

Our experienced and certified instructors are dedicated to providing a supportive and inclusive environment for all students, regardless of their fitness level or prior yoga experience. Each class is thoughtfully designed to guide you toward a deeper understanding of your body and its capabilities.

Beyond the Mat: Holistic Wellness Services

Lotus Yoga and Wellness extends beyond yoga classes to offer a comprehensive range of holistic wellness services designed to nurture your mind, body, and spirit.

Meditation & Mindfulness Workshops: Learn powerful techniques to cultivate inner peace, reduce stress, and improve focus. Our workshops are designed for all levels, from beginners to experienced meditators.

Massage Therapy: Experience the rejuvenating benefits of therapeutic massage, relieving muscle tension, reducing stress, and promoting relaxation. We offer various massage modalities, including Swedish, deep tissue, and aromatherapy massage.

Nutritional Counseling: Work with a registered dietitian to create a personalized nutrition plan that supports your health and wellness goals. Learn about healthy eating habits and how nutrition can impact your overall well-being.

Sound Healing Therapy: Immerse yourself in the healing vibrations of sound baths, using crystal singing bowls and other instruments to promote deep relaxation, reduce stress, and enhance emotional well-being.

Workshops and Retreats: Participate in specialized workshops and retreats focusing on various aspects of wellness, such as stress management, mindful living, and personal growth.

Finding Your Path to Wellness at Lotus Yoga and Wellness

At Lotus Yoga and Wellness, we believe that true wellness is a journey, not a destination. We're committed to providing you with the tools and support you need to embark on this transformative journey. Our welcoming community, experienced instructors, and holistic services create a nurturing environment where you can connect with yourself and others, discover your inner strength, and blossom into your best self. We invite you to explore our website, browse our schedule, and experience the magic of Lotus Yoga and Wellness for yourself. Start your journey today – your inner bloom awaits.

Conclusion

Lotus Yoga and Wellness offers a unique blend of yoga styles and holistic wellness services, creating a

pathway to a healthier, happier, and more balanced you. By embracing the principles of the lotus flower – purity, resilience, and transformation – we empower you to cultivate inner peace and achieve lasting well-being.

FAQs

1. Do I need prior yoga experience to attend your classes? No, our classes cater to all levels, from beginners to experienced practitioners. Our instructors offer modifications and adjustments to suit individual needs.
1. What payment methods do you accept? We accept cash, credit cards, and debit cards. We may also offer other payment options, so please check our website for the most up-to-date information.
1. How do I book a massage or other wellness service? You can book appointments online through our website or by calling us directly during business hours.
1. Do you offer packages or discounts? Yes, we frequently offer packages and discounts on our classes and services. Check our website for current promotions.
1. What is your cancellation policy? Our cancellation policy varies depending on the service. Please review our cancellation policy on our website before booking.

lotus yoga and wellness: Relax and Renew Judith Hanson Lasater, 2016-08-09 A longtime yoga instructor reveals how to manage pain, relieve stress, and promote relaxation through the gentle and meditative practices of restorative yoga Whether you have five minutes or an hour, taking time out of each day to relax and renew is essential to living well. This book presents nurturing physical postures and breathing techniques called restorative yoga. When practiced regularly, they will help you heal the effects of chronic stress, recover from illness or injury, balance energy, and quiet the mind. With clear instructions and photographs, Relax and Renew gently guides the

experienced practitioner and enthusiastic beginner—regardless of age, flexibility, or strength—in techniques that will ease your way through this hectic world. Judith Lasater draws from decades of experience to provide readers with:

- A general restorative sequence
- Programs for back pain, headaches, insomnia, jet lag, and breathing problems
- Guidance for women during menstruation, pregnancy, and menopause
- Routines for when time is limited, including one for the office

Practical suggestions that help you prevent stress and live more fully in the present moment And much more!

lotus yoga and wellness: *No Mud, No Lotus* Thich Nhat Hanh, 2014-12-02 The secret to happiness is to acknowledge and transform suffering, not to run away from it. Here, Thich Nhat Hanh offers practices and inspiration transforming suffering and finding true joy. Thich Nhat Hanh acknowledges that because suffering can feel so bad, we try to run away from it or cover it up by consuming. We find something to eat or turn on the television. But unless we're able to face our suffering, we can't be present and available to life, and happiness will continue to elude us. Nhat Hanh shares how the practices of stopping, mindful breathing, and deep concentration can generate the energy of mindfulness within our daily lives. With that energy, we can embrace pain and calm it down, instantly bringing a measure of freedom and a clearer mind. *No Mud, No Lotus* introduces ways to be in touch with suffering without being overwhelmed by it. When we know how to suffer, Nhat Hanh says, we suffer much, much less. With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of happiness.

lotus yoga and wellness: *40 Days to Enlightened Eating* Elise Cantrell, 2012-07 Reinvent yourself... Combine the time tested wisdom of sister sciences Yoga and Ayurveda to reinvigorate your metabolism, optimize your weight, awaken your energy and enliven your spirit. Uncover your ideal blueprint. By changing your eating alone, you can change your life. Modern culture has lost touch with the way we were designed to eat. The result is weight gain, sluggish energy, and compromised health. The mind is clouded and the spirit is dull. When it comes to eating and food, the ancient knowledge and common sense behind Yoga and Ayurveda is needed now more than ever. Rediscovering this wisdom alone can transform the body, mind and spirit in just 40 days. There will be no counting calories, fat, carbs, or points. This enlightened way of eating did not originate in Beverly Hills or South Beach, but from long ago and far away. These forty days aren't only about losing weight but about gaining health, energy, and vitality. Many eating plans cause weight loss at the expense of energy and health. This plan is different. This plan is developed to lighten not only your body but the mind and spirit too. Optimal weight, health, energy, and vitality are the natural by-product of eating in the way we were designed to eat. Each day is a chapter in the book. Each chapter is one step forward on the journey to transformation. The next forty days will detoxify the system and reset your cravings, appetite, metabolism, and eating patterns. Forty days is the spiritually prescribed time period needed to reconstruct habits and forge lasting change. Watch your metabolism ignite, your moods lift, your energy surge, and your spirits soar. Your optimal self is there waiting for you at the end of the forty days!

lotus yoga and wellness: *Yoga Beyond Belief* Ganga White, 2011-03-15 *Yoga Beyond Belief* offers a unique vision of contemporary yoga. It integrates scientific and practical approaches providing a much-needed integrative perspective that complements existing yoga books for all levels and styles of yoga students. Serving up a collection of valuable insights gleaned from a lifetime of exploration, practice, study, and teaching by one of America's pioneering and leading teachers of yoga, the book assists readers in making sense of the many discordant claims and teaching techniques that currently exist in the yoga world, freeing readers to pursue their own individual paths of yoga and personal practice. This is an essential text and reference for all yoga practitioners. The book first sets a context for an open-minded and evolutionary approach to yoga practice, and then explains the core principles of the many branches of yoga. A clear foundation is given for how the physical practices of yoga work to produce remarkable results of health and well being. The chapter Injury, Pain, and Healing shows how to prevent injuries and how to heal injuries should they

occur. The reader is given a wealth of sophisticated tools, insights, and anecdotes gleaned from a lifetime of practice and teaching to develop, hone, and tune his or her personal yoga approach. This book makes yoga come alive for the reader. The book concludes by going beyond the physical aspects to the heart of yoga. It illuminates and gives insight into the discovery of non-dogmatic forms and evolutionary approaches to meditation and spirituality. It presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development. Ganga White gives us his unique and creative perspectives on a time-tested discipline for a healthy and vital life. Entertaining and thoroughly readable, this book offers a coherent explication of yoga, its philosophy and practice. White's integrative views will inspire beginners and accomplished yogis to trust their inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective, breathing fresh air into an ancient discipline. *Yoga Beyond Belief* offers an original, integrative approach to body, mind, and spirit that is practical, inspiring, and full of valuable insights to enliven and inform anyone's yoga practice.

lotus yoga and wellness: *Yogalates* Louise Solomon, 2003 *Yogalates* is a new and highly effective form of exercise. You will no longer worry whether to choose Yoga or Pilates as you can now benefit from the best of the two disciplines in one go. *Yogalates* is all about creating the perfect workout cocktail to gain the body shape you have always wanted. The Pilates elements will give you strength and muscle definition while the Yoga offers flexibility, along with relaxation and meditation. Achieve the toned body you want in 28 days following the simple workouts under the guidance of *Yogalates* guru, Louise Solomon. Included are specific workouts for your abdominals, the upper body and the lower body so if you want to focus on a problem area then you can. The fourth workout is a more advanced programme for the whole body. You can just pick and choose which part of the programme you want to do. With a little effort and perseverance you can achieve a streamlined body, more strength and stamina, better health and a sense of inner calm and wellbeing. Start practicing *Yogalates* today.

lotus yoga and wellness: *Structural Yoga Therapy* Mukunda Stiles, 2001-01-01 Once you have learned the basics of yoga, where do you go? This book has been written for teachers and serious practitioners who want to use yoga to bring complete balance to the body. Stiles provides a comprehensive overview of the spiritual philosophy of yoga and its many branches, and discusses everything that a beginning student needs to consider when choosing a practice, including how to find a yoga teacher. Then he shares his solid understanding of anatomy and kinesiology (how specific muscles and bones react during movement) so that you can understand how each asana affects your body.

lotus yoga and wellness: *Roll Model* Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

lotus yoga and wellness: *Soma in Yoga and Ayurveda* David Frawley, 2012 What is the

secret of Soma, the legendary mystic drink of immortality, first lauded by India's ancient Vedic seers? Is Soma a single plant, a type of plants, a way of healing, a special intoxicant, or an inner elixir produced by Yoga and meditation? Going back to the vision of the Vedic seers, David Frawley reveals the secret of Soma for body, mind and spirit, with its profound implications from diet and herbs to pranayama, mantra and meditation. His new analysis of Soma, reflecting forty years of study of Vedic texts, is practical, comprehensive and deeply insightful - so that you can bring the secret power of Soma into all aspects of your life and consciousness, and for the world as a whole. Book jacket. He follows the yogic approach of Ganapati Muni, the chief disciple of the great Advaitic guru Ramana Maharshi. Book jacket.

lotus yoga and wellness: The Yogi Assignment Kino MacGregor, 2017-09-26 A high-profile Ashtanga Yoga teacher introduces an inspirational 30-day program that will “completely overhaul your attitude . . . eliminate negativity . . . while also allowing yoga to transform your body” (PopSugar) “The brave heart of a yogi is defined by actions that make the world a better place.” Live with authenticity. Practice patience. Let go of negativity. These are some of the core tenets of a yoga lifestyle, on and off the mat. Yoga is about much more than twisting yourself into shapes—the heart of this ancient practice is an inner journey, one of reflection, spiritual awakening, and ultimately a calm, clear mind. The Yogi Assignment is a 30-day introduction to these life-affirming and simple—yet revolutionary—principles. Led by master Ashtanga yoga teacher Kino MacGregor, this journey will challenge and uplift your body, mind, and spirit. Each day offers a practice and meditation that will help you confront your emotional, physical, and mental limitations and inspire real change in your life. MacGregor is a fierce, loving guide who encourages you to look deeply within to find your wellspring of inner strength and courage.

lotus yoga and wellness: *Black Women's Yoga History* Stephanie Y. Evans, 2021-03-01 How have Black women elders managed stress? In *Black Women's Yoga History*, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection, exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as mental health, healing, and wellness that is both compassionate and political.

lotus yoga and wellness: *Functional Anatomy of Yoga* David Keil, 2023-01-17 A full-color illustrated exploration of the body in motion during yoga practice • Examines anatomical patterns and body mechanics in specific asanas, such as forward bends, twists, external hip rotations, arm balances, and back bends, to inspire confidence in students, deepen practice, and prevent injury • Provides detailed images and photos overlaid with anatomical diagrams, allowing you to see clearly what is happening within each asana discussed • Explores how various yoga postures interrelate from the perspective of functional anatomy In this full-color illustrated guide, David Keil brings the anatomy of the body in yoga asanas to life. Writing in an accessible, conversational tone, he outlines how practitioners and yoga teachers alike can utilize a deeper understanding of their anatomy and its movement and function to deepen their yoga practice, increase confidence, prevent injury, and better understand their students and their challenges. Providing detailed images and photos overlaid with anatomical diagrams, allowing you to see clearly what is happening within each asana discussed, Keil shows how the muscles, joints, tendons, and structure of the body work together to support integrated movement. He discusses the basics of functional anatomy, exploring the workings of the foot and ankle, the knee, the hip joint, the pelvis and SI joint, the spine, the shoulder, and the hand, wrist, and elbow. He examines anatomical patterns and body mechanics in specific asanas, such as forward bends, twists, external hip rotations, arm balances, and back bends, such as, for

example, how a wide-legged forward bend shifts the position of the femur and the pelvis, allowing students with tight hamstrings to accomplish a deep forward bend--something they struggle with when the legs are together. Keil also shows how various yoga postures interrelate from the perspective of functional anatomy. Revealing in detail how everything in the body is connected and how your anatomy functions holistically during yoga practice, this book helps you to understand the body better and connect and integrate yoga postures in a completely new way.

lotus yoga and wellness: Yoga for Fibromyalgia Shoosh Lettick Crotzer, 2016-08-09 Eight simple and relaxing yoga sequences for fibromyalgia patients looking to manage their pain, alleviate their fatigue, and improve their overall well-being Fibromyalgia is characterized by widespread pain in muscles, ligaments, and tendons, as well as fatigue and multiple tender points (places on the body where slight pressure causes pain). Although mainstream medicine has yet to devise a successful plan for treating fibromyalgia, yoga offers sensible strategies for managing—and sometimes overcoming—the pain. Written by a yoga teacher and suitable for both yoga novices and veterans, this book is grounded in simple movements, breathing techniques, and guided visualization and relaxation sessions. Readers learn to reduce stress and manage fibromyalgia through eight sequences: four for pain relief, one to diminish fatigue and improve sleep, and three for maintaining body awareness and general flexibility. The author's simple, supportive language and mixture of theory, practice, and the latest scientific data offer hope for one of today's most challenging health conditions.

lotus yoga and wellness: Energy Medicine Yoga Lauren Walker, 2014-10 Harness your energy to heal your body; strengthen and balance your immune system; boost your vitality and stamina; includes a supercharged 20-minute practice--Cover.

lotus yoga and wellness: Feelings Libby Walden, 2023-02-07 Explore the world of emotions with this stunning peek-through book. Lyrical text and enchanting illustrations bring each emotion to life to help children understand the universal and unique nature of feelings.

lotus yoga and wellness: Yoga Girl Rachel Brathen, 2015-03-24 A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram's @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

lotus yoga and wellness: Overcoming Trauma through Yoga David Emerson, Elizabeth Hopper, Ph.D., 2012-01-10 Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one's body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. *Overcoming Trauma through Yoga* is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga. Chair-based

exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

lotus yoga and wellness: The Lotus and the Bud Christopher S. Kilham, 2020-12-29 An in-depth guide to blending the practice of yoga with cannabis • Examines the physical, mental, spiritual, and energetic effects of cannabis and yoga, including their effects on the nervous system and chakras • Explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga • Offers an illustrated sequence of cannabis-yoga asanas (postures) developed to awaken kundalini, open energy channels, accelerate healing, and unlock access to unbounded states of consciousness In India, both yoga and cannabis are considered gifts from the Hindu god Shiva. They are seen as twin currents of wisdom and enlightenment, allies for healing and consciousness expansion. As ethnobotanist and yogi Chris Kilham explains, when wisely and thoughtfully combined, cannabis and yoga offer profound benefits for body, mind, and spirit. Kilham examines the history and lore of both cannabis and yoga, with a special focus on the role of cannabis in Indian and Himalayan yoga traditions where it has been used for thousands of years. He investigates cannabis and yoga's effects on the chakras and energy body and how they assist in opening energy channels and awakening kundalini energy. He explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga. He looks at the effects of both THC and CBD as well as the different methods of consuming cannabis, with advice on selecting the right method for your yoga practice. In addition to instructions for breathwork and cannabis meditation practices, Kilham offers an illustrated guide to his own system of cannabis yoga, a sequence of asanas (postures) developed to arouse the kundalini, open up energy channels throughout your body, and unlock access to unbounded states of consciousness. Sharing his experiences combining yoga and cannabis around the world, the author shows that the fusion of cannabis and yoga dissolves the boundaries of the mind, accelerates healing, and imparts a greater understanding of the intrinsic unity of all things.

lotus yoga and wellness: Advanced Thai Yoga Massage Kam Thye Chow, 2011-09-21 Expand your Thai yoga massage practice with advanced postures and energy work to treat stress, back pain, headaches, and several other common conditions • Includes step-by-step photographs for more than 50 advanced Thai yoga massage postures • Illustrates in full color the locations of the sen lines and explains their specific therapeutic qualities and connections to ayurveda and the 5 kosha bodies • Details successful treatment plans for 8 common ailments with custom 60-minute Thai yoga massage posture flows as well as ayurvedic and yoga recommendations for continued healing and prevention at home In the unique healing system of Thai yoga massage--based on yoga, ayurveda, and the martial arts--the practitioner uses his or her own hands, feet, arms, and legs to gently guide the recipient through a series of yoga postures while palming and thumbing along the body's energy pathways and pressure points, known in the Thai tradition as sen lines and in ayurveda as marma points. Providing a way to expand one's Thai yoga massage practice, this book includes step-by-step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for 8 common ailments: stress, back pain, stiff neck and shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression. Each treatment plan offers a customized one-hour Thai yoga massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session. This comprehensive guide also illustrates the exact location of the sen lines and marma points, detailing

their therapeutic indications and connections to ayurveda and the five kosha bodies, as well as explaining how to incorporate them into sessions for deeper healing.

lotus yoga and wellness: Accessible Yoga Jivana Heyman, 2019-11-05 “A treasure trove . . . what Yoga, capital Y, is all about.” —Donna Farhi “Nothing less than a gem.” —Judith Lasater “A vital tool.” —Book Riot This daring, visionary book revolutionizes yoga practice, making it truly accessible to everyone—in every body, at any age, and in any state of health Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all—conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, founder of Accessible Yoga, views yoga as a basic human right—saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type. Heyman has spent over twenty years sharing yoga with people of all abilities and backgrounds, and in this book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.

lotus yoga and wellness: Yoga for the Young at Heart Susan Winter Ward, 1994 This guide book, first of its kind, designed specifically for seniors, offers the inspiration and instruction to begin a healthier life, and to discover strength and harmony through gentle physical and psychological challenges. Yoga, a 4,000 year-old system of physical and spiritual refinement has the ability to revitalize the body through integration of breath and movement. For seniors who are young at heart and want to achieve a general well-being, Flow Yoga is a perfect exercise program, building strength, flexibility, and stamina.

lotus yoga and wellness: Embrace Yoga's Roots Susanna Barkataki, 2020-11-02 Embrace Yoga's Roots: Courageous Ways to Deepen Your Yoga Practice explores the yogic traditions of the past, bringing them alive today, and preserving them for the future by examining what separates us, reflecting on our part, taking action for equity, and moving toward liberation together. The teaching format of this book offers tools, resources, and a framework for deep personal inquiry as readers explore: Separation: How colonization, cultural appropriation, and oppression results in trauma for yogis and separation from yoga traditions. Reflection: Understanding the causes of separation and our individual roles either supporting separation (knowingly or not) versus creating unity and equity in yoga. Reconnection: Exploring specific and concrete skills and solutions for living and practicing yoga as unity. Liberation: Integrate a more honorable and ethical practice in your life supporting personal growth by following the ancient teachings.

lotus yoga and wellness: The Lotus Project Lyn Hicks, 2013-04 The Lotus Project: The Art of Being a Woman paints a beautiful collage of our modern femininity and the power of women. It offers a new way to look at our roles as women in our community, at home, and in the workplace. Inspiring the use of our creativity and artistry as we move through the tasks of life, understanding our bodies, and flowing from ancient women's traditions; author Lyn Hicks shows us how to use simple, and often spontaneous, practices for a healthier, happier, and greener life. Requesting that we connect with our bodies in a more intimate way, Hicks guides us through honoring our emotional nature rather than being run by it. This book awakens and encourages you to become mindful of your intuition and the vast source of wisdom and direction awaiting your discovery. With her heartfelt and personal story of evolution as a mother, provider, and educator, she shares the highs and lows of her journey so that all may learn from it. And then she takes you one step further and shares her tools of dance, celebration, yoga, breath-work, intentional collaboration, and more, thus creating a stronger feminine community so all women may blossom forth with their individual beauty.

lotus yoga and wellness: The Yoga Sūtras of Patañjali Swami Satchidananda, 2012 This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of

concentration and meditation. This new edition of these timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. The classic Sutras (thought-threads), at least 4,000 years old, cover the yogic teachings on ethics, meditation, and physical postures, and provide directions for dealing with situations in daily life. The Sutras are presented here in the purest form, with the original Sanskrit and with translation, transliteration, and commentary by Sri Swami Satchidananda, one of the most respected and revered contemporary Yoga masters. In this classic context, Sri Swamiji offers practical advice based on his own experience for mastering the mind and achieving physical, mental and emotional harmony.

lotus yoga and wellness: Hatha Yoga Asanas Daniel DiTuro, Ingrid Yang, 2012-01 Features photographs of yoga poses of varying difficulties, including upward-facing dog, shoulder stand, and chair.

lotus yoga and wellness: Happy-Go-Yoga Christine Chen, 2015-03-10 Playful, simple, and beneficial yoga poses and mental exercises set in your real life to help alleviate pain and stress. No mat, big class, or huge time commitment required - just your commitment to feeling better and being happier! Highly recommended as a way to create healthy habits for a more peaceful, happy life. -- New York Journal of Books Sold globally in Hong Kong, New Zealand, Canada and More Translated and sold in Russia Advice from the book and author featured in: Fox Health News, HLN/CNN, Todayshow.com, USA Today, AARP Life Reimagined, Costco Connection, Real Simple, Health.com and more! Yoga isn't about becoming a human pretzel, being vegan, or wearing trendy workout clothes to a green juice bar. Based on her own healing journey, instructor Christine Chen presents a fun, easy way to do yoga at home, in the office, during a commute, and more--no matter your fitness level, yoga experience, age or gender. A #1 National Bestseller on Amazon in Exercise & Fitness and Injury Prevention A #1 New Release on Amazon (2015)

lotus yoga and wellness: You Will Rise Sjana Elise Earp, 2020-09-29 For the light seekers and the love givers. This one is for you. For anyone who has ever loved and lost. This one is for you. For the sensitive souls, the magic makers, the time takers. This one is for you. May this book brighten your shadows, illuminate your path and walk you home to yourself. Sjana Elise Earp inspires thousands of people around the world with her infectiously joyful approach to life. But happiness hasn't always come easily. During her recovery from her experiences of anxiety and depression, writing has been Sjana's tool to reflect, find gratitude and grow through her emotions. Now, she's ready to share her vulnerability in her first published collection of poems and photography, and help lift up her sisters too. Dip in during moments when inspiration or comfort is needed, or take a cover-to-cover journey through Sjana's tender words and beautiful images of nature's wonders. Either way, you'll feel grounded, calmer and more connected to the unique power within you. And you, too, will rise.

lotus yoga and wellness: The Shakti Yoga Wheel - 98 Posture Guide Jessyca Heinen-Collesei & Elena Long, Jessyca Heinen-collesei, 2017-12 The yoga wheel is a great tool to workout and to enhance and deepen the yoga practice. This guide will give you a great step by step introduction on how to use a yoga wheel. With 23 years of experience in yoga, health and fitness training the authors filled this posture guide with lot's of helpful instructions and tips for your daily yoga practice.

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