

A toolkit of “no mat” yoga strategies for you and your clients. Drawing on her study of multiple traditions and lineages from ancient yoga practices to current neuroscientific research on yoga benefits and contraindications, Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy—no mat or difficult postures required! Therapists learn exactly how to introduce these simple practices into a session, all within the comfort of their therapy room, no prior yoga training or experience necessary. Weintraub shows therapists how to introduce and apply a full range of yogic approaches: targeted breathing practices called pranayama that meet the present mood and bring it into balance; healing hand gestures called mudras; special sounds and tones called mantras; guided imagery and affirmation; yogic self-inquiry, and much more. Clinical stories and anecdotes explore how these yoga-based interventions, rooted in a firm, evidence-based foundation, can be used as effective treatments for a particular mood or mental state. With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, *Yoga Skills for Therapists* is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being to you and your clients.

Economic Policy and Manufacturing Performance in Developing Countries, I Hate Trig!: A Practical Guide to Understanding Trigonometry, The Syriac Version of the Hexaemeron by Basil of Caesarea Syr. 222 (Corpus Scriptorum Christianorum Orientalium), The Book of Nursery Rhymes, Tales, and Fables: A Gift for All Seasons (Classic Reprint), EROTICA: BISEXUAL BBW 20 BOOK BUNDLE - Alpha Males, Curvy Thick Women, Gang Menage Stories, Contemporary Romance, Interracial New Adult Domination Erotic Shorts, Wandel im Finanzdienstleistungssektor: 1. Liechtensteinisches Finanzdienstleistungs-Symposium an der Fachhochschule Liechtenstein (German Edition), The Hypericum Handbook: Natures Antidepressant, A Day in the Life of Ancient Rome: Daily Life, Mysteries, and Curiosities, Reinventing the Renaissance: Shakespeare and his Contemporaries in Adaptation and Performance, Passivparadigmen im Spanischen und im Deutschen: Eine Untersuchung auf der Basis der Relationalen Grammatik in didaktischer Absicht (Arbeiten zur Sprachanalyse) (German Edition),

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