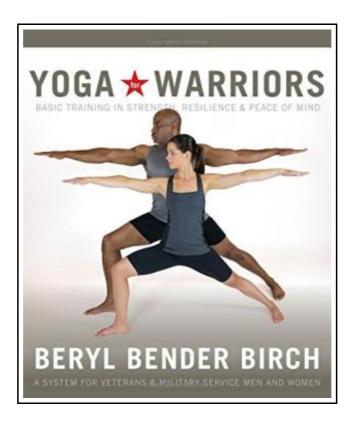
Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind (Paperback)



Filesize: 4.9 MB

Reviews

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).

(Santina Sanford)

YOGA FOR WARRIORS: BASIC TRAINING IN STRENGTH, RESILIENCE, AND PEACE OF MIND (PAPERBACK)



SOUNDS TRUE INC, United States, 2014. Paperback. Book Condition: New. 226 x 188 mm. Language: English . Brand New Book. War leaves more than physical scars. Military service men and women today bear invisible wounds-PTSD (Post-Traumatic Stress Disorder), TBI (Traumatic Brain Injury), anxiety, depression-all just as real and painful. This book gives you tools for finding your way as a warrior-whether deployed or in a civilian environment-and adapting to a peaceful life at home. Yoga and meditation have scientific support as a means for relaxing the stress response, sharpening mental acuity, boosting immunity and recovery time, and promoting a general sense of health and psychological well-being. Beryl Bender Birch developed the methods described in Warrior Pose while working with civilians and first-responders in the aftermath of the 9/11 attacks. They include yoga postures, breathing techniques, relaxation and yoga sleep, meditation, and more. In Rear Admiral (ret.) and former Navy SEAL Tom Steffens words, Beryl never takes any subject lightly, trust me, and her insight into the mind-body-spirit connection for military members and veterans results from an in-depth study that she undertook to get this right.

- Read Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind (Paperback) Online
- Download PDF Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind (Paperback)

You May Also Like



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

Save ePub »



Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifteen short stories about foxes are selected from several books of fairy tales...

Save ePub »



Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

Save ePub »



Pastorale D Ete: Study Score (Paperback)

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 335 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****. Composed in August of 1920 while vacationing in his native Switzerland,...

Save ePub »



EU Law Directions (Paperback)

Oxford University Press, United Kingdom, 2014. Paperback. Book Condition: New. 4th ed.. 242 x 188 mm. Language: English . Brand New Book. With a readable and modern writing style, EU Law Directions clearly explains the...

Save ePub »



Readers Clubhouse B Just the Right Home (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Marilee Harrald-Pilz (illustrator). 224 x 147 mm. Language: English . Brand New Book. This is volume seven, Reading Level 2, in a comprehensive program

Save Book »



Three Simple Rules for Christian Living: Study Book (Paperback)

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group

Save Book »



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand ******. Take your coloring to the next level with this Advanced

Save Book »



ESL Stories for Preschool: Book 1 (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 212 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****. A big attractive colourful book for ESL beginners, aged 3 to 5. It

Save Book »



I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese (Paperback)

Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Please go to // and shapes for some high resolution sample

Save Book »