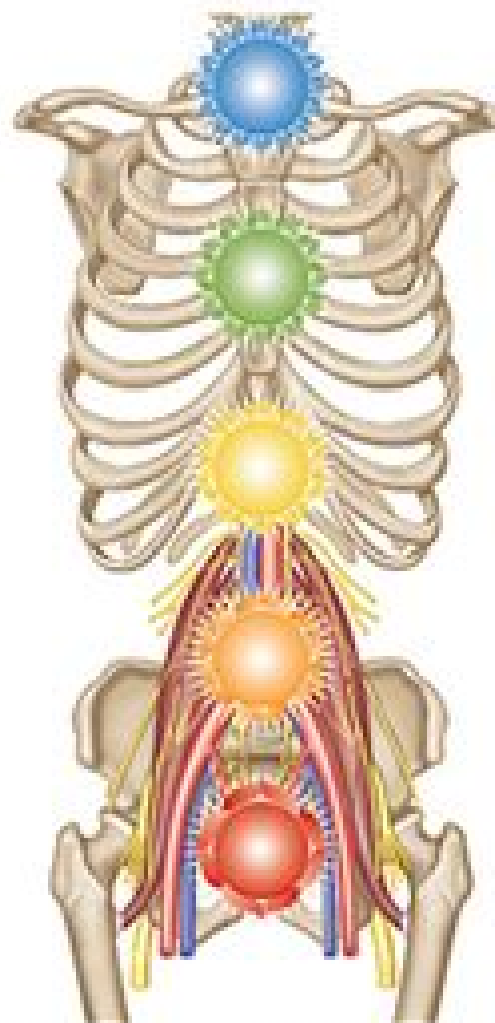


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The Vital Psoas Muscle

Connecting
Physical, Emotional,
and Spiritual
Well-Being

Jo Ann Staugaard-Jones

*Author of The Anatomy of Exercise and Movement for the Study of Dance,
Pilates, Sports, and Yoga*

The Vital Psoas Muscle

Rebecca Dennis



The Vital Psoas Muscle:

The Vital Psoas Muscle Jo Ann Staugaard-Jones, 2018-11-06 Located deep within the anterior hip joint and lower spine the psoas major usually just referred to as the psoas is critical for optimal postural alignment movement and overall well being The psoas is the only muscle in the human organism that connects the upper body to the lower body and its importance extends to the nerve complex and energy systems As modern day populations grow more sedentary psoas related lower back and hip pain and the ailment of sitting too much are on the rise Even the most active of athletes can suffer from psoas imbalance and pain The Vital Psoas Muscle demonstrates how to keep the muscle in balance through specific exercises designed to strengthen and utilize this amazing muscle and discusses its vital role in the emotional and spiritual state of the human being The interconnection between the psoas and the root chakra is explored along with yoga poses and postures that stimulate the psoas Eighty full color illustrations depict anatomical details and show the key stretching and strengthening exercises in this practical and comprehensive treatment of the most important skeletal muscle in the human body Energy Balance Through the Tao Mantak Chia, 2005-08-30 The Taoist system of Tao Yin is one of the oldest and most diverse forms of exercise in China Tao Yin focuses on creating balance between internal and external energies and revitalizing the body mind and spirit with a combination of strength flexibility and internal energy exercises The Concise Book of Yoga Anatomy Jo Ann Staugaard-Jones, 2025-12-22 The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice *Learning to Breathe, Learning to Live* Sharon Harvey Alexander, 2017-08-16 Breathing and visualization are profound tools for navigating our way through even the busiest or messiest of lives Much like a trusty compass leading an outdoor enthusiast to a desired destination these practices guide one into and through the inner world Apply the beneficial and easy to use practices found in this book and watch stress melt away The result will be that your health your relationships and even your career may blossom in beautiful and unexpected ways **Majesteria** Melanie Santorini, 2019-02-16 Majesteria is an inspirational story about one woman's transformation through the seven years of menopause It's a story about mental breakdown and recovery about finding new purpose and falling in love It's about horses and sisters and women's love for one another An honest and touching spiritual memoir from one of the first female vicars in the Church of England Majesteria offers guidance and reflections on how one woman negotiated the change of life It's a rollercoaster ride that takes Melanie from England to Wales to Scotland Eventually she and her husband leave everything behind to live nine months in a motorhome in search of freedom Wherever you are on your life's journey and whatever your spiritual background this is a hope filled book to energize and invigorate And Breathe Rebecca Dennis, 2017-09-05 Boost Energy Combat Stress and Improve Heart Health Breathing is something we all know how to do And yet the majority of us lose our natural ability to breathe fully we are conditioned from an early age to control our feelings and emotions and as a result our muscles tighten

and our breathing patterns become restricted The impact on our mental and physical well being is huge Breath coach Rebecca Dennis shares the deep diaphragmatic breathing exercises that she uses with her clients to combat issues such as anxiety depression and low self esteem techniques that helped her heal from her own depression With simple exercises that can be done anywhere anytime And Breathe shows you how to harness the power of your own breath through conscious breathing which helps alleviate stress fatigue and negative emotions The result You ll feel calm yet energized focused yet relaxed Full of tips and real life testimonials the heart of And Breathe is the exercises which show you how to Conquer anxious thought patterns Relax and calm your mind Improve sleep Quell pre meeting butterflies or email overload Increase physical energy Expand your creativity By learning how to consciously connect to your breathe and encourage its natural rhythms you can let go of any unwanted patterns of emotions blockages and tension holding you back Just open the book and breathe

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