

The
12 STEP
Restorative
YOGA
Workbook



Jon Platania PhD
Joe Lee Illustrator

The 12 Step Restorative Yoga Workbook

Sheila Lavery



The 12 Step Restorative Yoga Workbook:

The 12 Step Restorative Yoga Workbook Jon Platania, 2009-03-03 The 12 Step Restorative Yoga Workbook presents a practical guide to two great healing traditions Yoga and Recovery The central point of the book is that people who suffer from addiction are generally uncomfortable in their bodies This disconnected condition is also characteristic of depression anxiety and obsessive compulsive disorders Chapter titles call upon the reader to Awaken the Sleeping Yogi and include The History of Yoga and a Brief History of Recovery The book asks the question What is Addiction and What are its causes Physiology anatomy and psychology are understood within the frame of Yoga Ayurvedic and Western medicine Finally someone takes the 12 steps of Recovery into the transformative power of Yoga An easy to use manual with great illustrations that makes the whole process friendly and enlightening at the same time It looks great I like the easy style Anodea Judith PhD author *Wheels of Life Eastern Body Western Mind* *Yoga and Science in Pain Care* Neil Pearson, Shelly Prosko, Marlysa Sullivan, 2019-08-21 This book takes an integrated approach to pain rehabilitation and combines pain science rehabilitation and yoga with evidence based approaches from respected contributors They demonstrate how to integrate the concepts philosophies and practices of yoga and pain science in working with people in pain An essential and often overlooked part of pain rehabilitation is listening to working with learning from and validating the person in pain s lived experience The book expounds on the movement to a more patient valued partnership based biopsychosocial spiritual model of healthcare where the patient is an active and empowered participant as opposed to a model where the healthcare provider is fixing the passive patient It also explains how practitioners can address the entire human being in pain and how to include the person as an expert for more effective and self empowered care Yoga for Trauma Recovery Lisa Danylchuk, 2019-03-20 Yoga for Trauma Recovery outlines best practices for the growing body of professionals trained in both yoga and psychotherapy and addresses the theoretical foundations that tie the two fields Chapters show how understanding the safe and effective integration of trauma informed yoga and somatic psychotherapy is essential to providing informed effective treatment Uniting recent developments in our understanding of trauma recovery with ancient tenets of yoga philosophy and practice this foundational text is a must read for those interested in the healing capacities of each modality Readers will come away from the book with a strong sense of how to apply theory philosophy and research to the real life complexities of clients and students *Jung For Beginners* Jon Plantania, 2011-12-20 Carl Gustav Jung merged Eastern mysticism with Western psychology brought scientific respectability to religion laid the foundation for the New Age and is second only to Freud in influence and importance in the world of psychoanalysis Many consider him a genius but many others disagree Scholar and clinical psychologist Jon Platania PhD presents Jung as a somewhat opportunistic and dissociated character whose most famous historical events were his break with Freud and his questionable sojourn with the psychological elite of the German Third Reich On the other side of Jung s complex genius there is a deeply spiritual man who

laid the groundwork for a more optimistic approach to our modern understanding of the human psyche in both theology and psychology He is remembered by many as the Swiss Doctor of the Soul Dr Platania then takes us on a tour of the work that made Jung one of the pillars of modern psychology And what a body of work it is Jung s open mindedness was astonishing Wherever he went Calcutta Egypt Palestine Kenya Jung learned something that expanded his views His open ended psychology incorporated Yoga meditation prayer alchemy mythology astrology numerology the I Ching even flying saucers He taught us that psychology and religion can not only coexist peacefully together but that they can enhance us inspire us and help us complete ourselves Freud for all of his brilliance reduced us to little more than vessels of hormones with high IQs Jung for all of his flaws gave us back our souls

Yoga for Addiction Katy Cryer,2020-11-01 Yoga provides a crucial ingredient for lasting recovery from addiction a way to relate to the body so that we can live in it comfortably without the need to numb it In Yoga for Addiction readers will find a gentle yoga practice that supports and complements traditional twelve step programs so they can manage emotions find freedom from addiction and live a more joyful life Sleep Recovery Lisa Sanfilippo,2020-01-09 Sleep Recovery gives you the knowledge tools and resources to repair your own natural ability to rest starting tonight If you re suffering from insomnia or interrupted sleep or waking up feeling un refreshed you re not alone This compassionate and practical guide to recovering your sleep helps you to repair the physical mental emotional and energetic habits that may be sabotaging your sleep You ll find your personal sleep type put in place healthier habits and re learn how to rest deeply and easily You ll find your best pathway to sleep recovery with results you can see immediately and that build over time Includes simple yoga stretches and powerful breath practices to settle you for a good night s sleep and super charge your energy in the morning restorative yoga postures and mindfulness to give you energy all day and all the information you need to troubleshoot your lifestyle to support better sleep The book is illustrated throughout with inspiring line drawings and instructive diagrams Using the practical wisdom in this book you ll learn to wake up happier and healthier at every age and stage in your life

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attitudes and behaviors It can also create a balanced lifestyle bringing greater harmony stability and enjoyment Anyone can benefit from yoga regardless of ability age belief system or life circumstance Kyczy Hawk is a certified yoga instructor She lectures on yoga and recovery throughout the Bay Area and has been a presenter at the Art of Yoga Project and Niroga Institute s Yoga Therapy teacher training As the Success Over Addiction and Relapse SOAR yoga teacher specialty training founder she has taught yoga instruction workshops throughout the United States She hosts a weekly yoga recovery meeting on In The Rooms and manages the Willow Glen Yoga Studio in San Jose CA *The Healing Power of Sleep* Sheila

Lavery,1997 From a discussion of the enemies of sleep including jet lag artificial stimulants anxiety and depression to practical techniques for getting a good night s sleep this book covers every aspect of a problem that plagues millions and explains the importance of sleep in maintaining a healthy lifestyle Includes charts questionnaires and full color illustrations

Healing Addiction with Yoga Annalisa Cunningham,2012-06-01 Especially oriented toward those in 12 step programs this comprehensive wellness guide describes how yoga can stimulate recovery from addiction by bringing the mind and body closer together The supportive and understanding text presents a 21 day yoga regimen using dynamic affirmations relaxation techniques nutrition and lifestyle suggestions aerobic activities and journal writing all of which are geared to incorporate the 12 step philosophy into yoga practice The featured poses are drawn from the popular hatha yoga tradition while the complementary contemplations are applicable not only to addicts but to anyone seeking physical and spiritual enrichment Newly updated and revised the guide includes beautiful professional photographs throughout to demonstrate the wide variety of asanas Spa Management ,2001 **The Video Source Book** David J. WEINER,1990 *Yoga Journal Presents Restorative Yoga for Life* Gail Boorstein Grossman,2014-12-18 Includes restorative yoga poses for pain relief weight loss and more Paperbound Books in Print ,1992 Instructor ,1997

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