

Acro Yoga Manual

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move connect play is a book detailing the core principles of acroyoga a practice that melds the spectacle of circus arts with the healing power of massage and the breathwork of yoga get ready to learn how to fly acroyoga is a movement practice that combines the balance and connection of yoga with the fitness and intensity of acrobatics as well as the holistic healing power of physical therapy people come to it for all kinds of reasons they may have chronic pain and are looking for a long term solution to manage it they may want to lose weight gain muscle or increase their mobility or maybe they just want to experience it with their friends or partners to deepen their relationships some even just want to have some fun together in move connect play pounder of acroyoga international jason nemer shares the core principles of acroyoga for athletic performance and for life as well as 10 key areas of training strength flexibility technique balance breath gravity relationships mental emotional and sustainability he also offers specific exercises and routines for how to train safely and effectively in each area this is a book that millions of acroyogis around the world have long been waiting for and one that is an essential read for high performance athletes weekend health warriors and spiritual seekers alike

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a guided workbook to help acroyogis of all levels deepen their practice physically mentally and spiritually drawing heavily on the wisdom of taoism and the related movement practices of qigong and infused with the inspiration of circus arts for the extroverts and performers out there jason nemer founder of acroyoga international helps readers become masters of flow make friends with people from many different walks of life and learn to cultivate their own happiness organized by three specific movement traditions that form the roots of acroyoga acrobatics therapeutics and yoga this book will expand readers capacity to balance nourish and grow themselves their relationships and their communities progressive practical and inspirational the tao of acroyoga is a training manual that offers

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of medicine nineteenth edition covers every area of clinical medicine including etiology and epidemiology clinically relevant pathophysiology signs and symptoms differential diagnosis physical and laboratory findings therapeutics practice guidelines

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