

HEALTH / YOGA

quick tips for balanced living

Get 10 minutes to refresh your spirit!

In the middle of your busy, stressful day, you've invited to carve out a little oasis of peace. Ahh, bliss! No matter how impossible taking a mini-vacation every day may seem, you can do it. The notes in this book—lifted straight from the pages of *Yoga International* magazine—will help. Resolve to read one every day and consider incorporating it into your routine. You'll appreciate the quick, simple, and sometimes surprising advice found in this anthology. For instance:

- **Unwind daily with the crocodile pose.** Done for just 10 minutes a day, the crocodile pose can help break the cycle of chronic stress and ease tension in the lower back. This deceptively simple pose is the doorway to pranayama practice.
- **Be an early riser.** According to Ayurveda, traditional Indian medicine, it is best to sleep between 10 p.m. and 4 to 5 a.m. If you sleep past 6 in the morning, the earth element (*kapha*) rises and renders you inert, causing you to linger in bed until you must make a frantic dash to get where you need to be on time.
- **Try out a Neti Pot™.** A nasal wash can be as routine as brushing your teeth. Wake up, clear the sinuses, and start the day breathing easy. In addition, the Neti Pot™ offers many other benefits such as relieving nasal dryness, removing unwanted contaminants such as smoke and soot, and more.

These are just a few of the suggestions found in *Quick Tips for Balanced Living*. It's a treasure trove of stress-reduction practices, time-tested yoga postures, energy-boosting breathing exercises, and common-sense ideas for transforming your bad habits into healthy ones. Read this book to discover what the authors already know: a few minutes a day can change your life forever!

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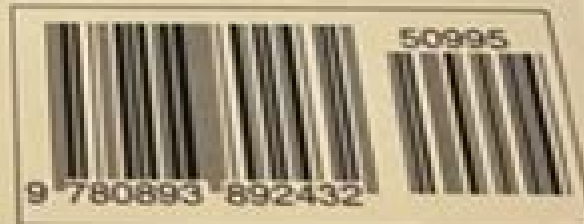
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Quick Tips For Balanced Living

George Whitefield Clark



Quick Tips For Balanced Living:

Quick Tips for Balanced Living, 2005 A selection of engaging essays where everyday people share their methods for stress reduction relaxation meditation and more Excerpted from Yoga International magazine [The Busy Woman's Guide to a Balanced Life](#) Today's Christian Woman, Ramona C. Tucker, Ramona Cramer Tucker, 1997 Here are quick and easy tips for managing the 10 most important areas of a woman's life family finances friendship health hospitality marriage self singles spiritual life and work [Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy](#) Richard Blonna, 2011-05-01 In [Maximize Your Coaching Effectiveness with Acceptance and Commitment Therapy](#) Richard Blonna provides professional life coaches with the skills they need to effectively apply acceptance and commitment therapy ACT principles to their coaching practices helping clients to get unstuck from the mental barriers that hold them back stay motivated and achieve goals aligned with their personal values **A Compact Guide to Balancing Your Life** Brad Lewis, 2001 *Yoga* Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master's theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Balanced Living** Mark R. Pitstick, 1998 *The Flexitarian Super Diet* TheDietDocs.com, 2026-04-10 BRAND LAUNCH SUPER SALE for a strictly limited time Honest review if you appreciate the free value *The Flexitarian Super Diet* 90 Day Plant Based Meal Plan for Weight Loss Muscle Building it's a 90 day escape plan from the all or nothing mentality that's been holding your metabolism hostage We're giving you the exact blueprint to eat 80% plants while keeping the 20% flexibility that makes life worth living It's the Switzerland of diets neutral peaceful and surprisingly powerful You're getting three months of delicious chef curated meals that actually taste like real food paired with a fitness strategy that doesn't require you to move into the local gym Inside this 90 Day Transformation you'll unlock The Gut Microbiome Garden Party How to feed your internal bacteria so they turn into your personal weight loss assistants The Protein Myth Busting Kit Where to get your gains without living on chicken breasts and protein shakes alone Targeted Support Squads A no nonsense guide to the supplements that actually matter and the 45 others you can stop wasting money on Seasonal Eating Blueprints How to eat with the cycles of the year for maximum nutrient density and energy You have a choice right now You can keep scrolling through miracle pills and 3 day detoxes that leave you hangry and frustrated or you can invest in a sustainable science backed lifestyle that works with your biology instead of against it Your future self is already looking back at this moment hoping you take the leap Click that Buy button and let's start your Food Freedom Revolution today *The Publishers*

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