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List Price: \$199.95 Save: \$159.06 (80%) Due Date: Dec 14, 2022 Rental Details FREE return shipping at the end of the semester. Access codes and supplements are not guaranteed with rentals. In Stock. Rented from Amazon Warehouse Fulfilled by Amazon Fulfillment by Amazon (FBA) is a service we offer sellers that lets them store their products in Amazon's fulfillment centers, and we directly pack, ship, and provide customer service for these products. Something we hope you'll especially enjoy: FBA items qualify for FREE Shipping and . If you're a seller, Fulfillment by Amazon can help you grow your business. Learn more about the program. This item cannot be shipped to your selected delivery location. Please choose a different delivery location. Media Platforms Design TeamThere are few women in the world who deeply inspire me, and Elena Brower is definitely one of them. Why? The yoga teacher and owner of New York City yoga studio Virayoga is working to empower yoga teachers in need of teaching materials by gifting them copies of her new instructional yoga book, Art of Attention, co-written by designer and yoga teacher Erica Jago. The funding for this initiative is currently crowd-sourced through a campaign running until September 15. I recently sat down with Brower to pick her brain on this endeavor and find out how to get involved. Q: What makes Art of Attention unique? A: We set out to create a gorgeous nomadic notebook--an art book that we could have on our yoga mats to spark our creativity without restricting it. The book offers instruction, inspiration, and workbook pages for readers to design unique sequences, note the personal relevance of the practice in their lives, and go more deeply into yoga. (Can't wait to get started? Try one of the 10 Best Yoga Moves for Women.) Q: What kind of instruction is in there? A: The book begins a beautiful conversation within ourselves regarding our practice and how we can bring it to life in the smallest moments. There are five yoga sequences photographed in different parts of the world, each offering solid instruction and time for focused contemplation about the physical practice. You can preview the sequences now on YogaGlo.com. Q: How and why are you donating books? A: We're raising money for our project on Indiegogo, a crowd-funding platform, with the goal of giving about 1000 books to yoga teachers and those in training who are affiliated with the Africa Yoga Project, Akasha Project, and Lineage Project. The books will help them to create beautiful practices for themselves and for their students. We'll donate one book for each one you pre-order through a donation on our Indiegogo page through September 15. Q: When this campaign concludes, what's next on your agenda? A: Our next book is already in the works: Art of Attention Book Two will feature the Chakra classes now on YogaGlo.com. It's going to be colorful and delicious and nutritious. photo: iStockphoto/Thinkstock More from WH:Yoga Breathing Tips from Elena BrowerPump Up Your Yoga Practice12 Ways to Do Charity WorkMedia Platforms Design TeamSlim down in just 6 weeks! Order your copy of the Slim Calm Sexy Diet Document Type: Book All Authors / Contributors: Micheal Clark; Scott Lucett; Brian G Sutton; National Academy of Sports Medicine. Find more information about: Micheal Clark; Scott Lucett; Brian G Sutton ISBN: 9781284050257 1284050254 OCLC Number: 853245216 Description: xvii, 438 pages : color illustrations ; 29 cm Contents: The rationale for corrective exercise / Scott C. Lucett -- Introduction to human movement science / Micheal A. Clark, Scott C. Lucett -- An evidence-based approach to understanding human movement impairments / Micheal A. Clark -- Health risk appraisal / Scott C. Lucett -- Static postural assessment / Marjorie A. King -- Movement assessments / Micheal A. Clark, Scott C. Lucett -- Range of motion assessments / William Prentice -- Strength assessments / Lindsay Distefano -- Inhibitory techniques : self-myofascial release / Russell D. Fiore -- Lengthening techniques / Melanie McGrath -- Activation and integration techniques / Michael Rosenberg -- Corrective strategies for foot and ankle impairments / Cathleen N. Brown -- Corrective strategies for knee impairments / Gregory D. Myer -- Corrective strategies for lumbo-pelvic-hip complex impairments / Kim D. Christensen, Jeff Tucker -- Corrective strategies for shoulder, elbow, and wrist impairments / Chuck Thigpen -- Corrective strategies for cervical spine impairments / Kim D. Christensen, Jeff Tucker. Other Titles: Essentials of corrective exercise training Responsibility: editors, Micheal A. Clark, DPT, MS, PES, CES, Scott C. Lucett, MS, PES, CES, NASM-CPT, Brian G. Sutton, MS, MA, PES, CES, NASM-CPT. "NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury."--Back Cover. NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training. Media Platforms Design Team#1 Exercise Book On Amazon.Com Thanks to everyone who helped me hit #1 on Amazon.com's Exercise and Fitness chart. And also for helping me beat Dewey the Cat to hit #21 on the overall Best-Sellers list.Grab your copy of the #1 Best-Selling Exercise book, "Just Say NO to Cardio" here=> [www.JustSayNOtoCardio.com](http://www.JustSayNOtoCardio.com)



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