

rise and shine pilates and wellness

Rise and Shine Pilates and Wellness: Your Path to a Stronger, Healthier You

Are you tired of feeling sluggish and stressed? Do you crave a holistic approach to wellness that leaves you feeling energized and empowered? Then you've come to the right place! This comprehensive guide dives deep into the world of Rise and Shine Pilates and Wellness, exploring how this unique blend of movement and mindfulness can transform your life. We'll cover everything from the core principles of Pilates to the benefits of integrating wellness practices into your daily routine. Get ready to discover how Rise and Shine can help you achieve your ultimate health and fitness goals.

What is Rise and Shine Pilates and Wellness?

Rise and Shine Pilates and Wellness isn't just another fitness studio; it's a philosophy. We believe that true wellness encompasses physical, mental, and emotional wellbeing. Our program seamlessly integrates the powerful core strengthening and body lengthening principles of Pilates with mindful practices designed to reduce stress and cultivate inner peace. We're not just building strength; we're building a foundation for a happier, healthier, and more fulfilling life.

The Power of Pilates: More Than Just a Workout

Pilates, at its core, is a system of exercises designed to strengthen the deep postural muscles that support your spine and improve your overall body alignment. Unlike high-impact workouts, Pilates emphasizes controlled movements, precision, and breathwork. This focused approach leads to:

Improved Core Strength: A strong core is the foundation for a healthy body. Pilates strengthens your abdominal muscles, back muscles, and pelvic floor, leading to better posture, reduced back pain, and improved stability.

Increased Flexibility and Mobility: Pilates stretches and lengthens your muscles, improving your range of motion and flexibility. This can help prevent injuries and improve your overall physical performance.

Enhanced Body Awareness: Pilates encourages you to connect with your body and become more aware of your movement patterns. This increased awareness helps you to identify imbalances and correct them, leading to improved posture and efficiency of movement.

Stress Reduction: The focused nature of Pilates and the emphasis on breathwork can be incredibly calming

and meditative, helping to reduce stress and improve mental clarity.

Integrating Wellness Practices: Mind, Body, and Spirit

At Rise and Shine, we understand that physical fitness is only one piece of the wellness puzzle. That's why we incorporate a range of complementary practices to support your overall wellbeing:

Mindfulness Meditation: Regular meditation helps to reduce stress, improve focus, and cultivate a sense of calm and inner peace. We offer guided meditations to help you integrate this practice into your daily routine.

Nutritional Guidance: We provide personalized nutritional advice to help you fuel your body with the nutrients it needs to thrive. We work with you to create a sustainable eating plan that supports your fitness goals and overall wellbeing.

Stress Management Techniques: We teach you effective stress management techniques, such as deep breathing exercises, progressive muscle relaxation, and visualization, to help you navigate the challenges of daily life.

Community Support: We foster a supportive and encouraging community where you can connect with like-minded individuals on a similar wellness journey.

Rise and Shine Pilates and Wellness: A Personalized Approach

Unlike generic fitness programs, Rise and Shine offers a personalized approach to wellness. We tailor our programs to meet your individual needs and goals, whether you're a seasoned athlete or a complete beginner. Our experienced instructors provide expert guidance and support, ensuring you receive the best possible results. We offer a range of classes, from beginner-friendly mat classes to more challenging reformer sessions, to cater to all fitness levels and preferences.

Getting Started with Rise and Shine

Ready to embark on your journey to a healthier, happier you? Contact us today to schedule a consultation and learn more about our programs. We offer introductory packages and free trial classes to help you experience the Rise and Shine difference. We believe that everyone deserves to feel their best, and we're here to support you every step of the way. Don't just survive; thrive. Choose Rise and Shine Pilates and Wellness.

Conclusion:

Rise and Shine Pilates and Wellness offers a holistic approach to wellbeing, combining the physical benefits of Pilates with the mental and emotional benefits of mindfulness and stress management techniques. By focusing on core strength, flexibility, and mindful practices, we empower you to cultivate a stronger, healthier, and more balanced life. Join us and discover the transformative power of Rise and Shine.

FAQs:

1. What is the difference between mat Pilates and reformer Pilates? Mat Pilates utilizes your body weight and a mat for support, while reformer Pilates uses a specialized machine with springs to provide resistance and assist with movements. Reformer Pilates often provides a more intense workout.
1. Do I need to be in good shape to start Pilates? No! Pilates is suitable for all fitness levels. Our instructors modify exercises to meet individual needs and abilities, ensuring a safe and effective workout for everyone.
1. How often should I practice Pilates to see results? Ideally, aim for at least two to three Pilates sessions per week to see significant improvements in strength, flexibility, and overall wellbeing.
1. What should I wear to a Pilates class? Comfortable, athletic clothing that allows for a full range of motion is recommended. Avoid clothing that is too loose or restrictive.
1. What if I have injuries or physical limitations? Please inform your instructor of any injuries or physical limitations before class. They will work with you to modify exercises to ensure your safety and comfort.

rise and shine pilates and wellness: Islands Magazine , 2005-12

rise and shine pilates and wellness: Be the Duck...Tips for Letting Things Roll off Your

Back Kathy Hoff, 2015-03-25 Everyone experiences stress! Managing stress is the key to becoming more resilient, healthier, and balanced. Learning to think differently and let stress roll off your back can lead to better relationships and a happier self. Be the Duck...Tips for Letting Things Roll off Your Back is a collection of short stories, each containing a tip you can immediately implement in your daily routine. You will be able to: * Adapt to change * Live your values * Understand what you can and cannot control * Implement the relaxation response * Manage your anger better * Be the duck! Many of us feel like we are dealing with unique problems that no one else understands, but Be the DuckTips for Letting Things Roll off Your Back shows you're not alone. It not only tells stories that illuminate the fact that we all have stress, but it also gives great solutions to start to change your life in amazing ways. Go aheadbe the duck! Dr. Nicole Murphy, Whole Life Chiropractic Ive had the pleasure of working with Kathy in several different capacities. Kathys creativity and genuine care for others shines through in everything she does. Her messages are so relatable and warm that you find yourself opening up to what can be without feeling intimidated or overwhelmed. She is a gentle cheerleader who is always in your court to support you in your next step on the journey. The wisdom and humor she brings come from her experience and her zest for life. She truly lives life to the fullest and encourages others to have as much fun as she does! Wendy Basch, RN; BSN; Wellcoaches; certified professional wellness coach; ICF; professional certified coach; ACSM; certified personal trainer; Stott Pilates instructor; spin instructor; owner of Rise and Shine Wellness

rise and shine pilates and wellness: *You Will Rise* Sjana Elise Earp, 2020-09-29 For the light seekers and the love givers. This one is for you. For anyone who has ever loved and lost. This one is for you. For the sensitive souls, the magic makers, the time takers. This one is for you. May this book brighten your shadows, illuminate your path and walk you home to yourself. Sjana Elise Earp inspires thousands of people around the world with her infectiously joyful approach to life. But happiness hasn't always come easily. During her recovery from her experiences of anxiety and depression, writing has been Sjana's tool to reflect, find gratitude and grow through her emotions. Now, she's ready to share her vulnerability in her first published collection of poems and photography, and help lift up her sisters too. Dip in during moments when inspiration or comfort is needed, or take a cover-to-cover journey through Sjana's tender words and beautiful images of nature's wonders. Either way, you'll feel grounded, calmer and more connected to the unique power within you. And you, too, will rise.

rise and shine pilates and wellness: *The Sweetest Little Life* Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

rise and shine pilates and wellness: *15-Minute Gentle Yoga* Louise Grime, 2019-12-10 Fit exercise into your busy life with quick, gentle yoga programs. Do you struggle to find time for regular yoga practice? Stress no more: these four 15-minute programs for beginners offer the flexibility and ease of use that busy lifestyles demand. At home, with just a mat and a few household items, ease tension, increase vitality, and get the flexible body you've always wanted by regularly practicing these 15-minute routines. Clear, step-by-step photographs paired with easy-to-follow instructions explain exactly what to do in each asana, and at the end of each 15-minute program there's an at-a-glance summary of the routine. 15 Minute Gentle Yoga will inspire you to make yoga part of your weekly routine, so you soon reap the benefits of enhanced health and wellness.

rise and shine pilates and wellness: Bankable Business Plans Edward G. Rogoff, 2007 This book guides readers through a very comprehensive, step-by-step process to produce professional-quality business plans to attract the financial backing entrepreneurs need, no matter

what their dream.

rise and shine pilates and wellness: ChiWalking Danny Dreyer, Katherine Dreyer, 2009-11-24 From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and T'ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker.

rise and shine pilates and wellness: Big Fit Girl Louise Green, 2017-03-18 "Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —Jessamyn Stanley, author of Every Body Yoga In Big Fit Girl, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. "Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving." —Linda Bacon, PhD, scientist, and author of Health at Every Size "Inspiring and empowering." —Taryn Brumfitt, producer and director, founder of the Body Image Movement "I'm thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it's time for every person of every size to have access to this information!" —Jes Baker, The Militant Baker

rise and shine pilates and wellness: Media Review Digest C. Edward Wall, 2003

rise and shine pilates and wellness: TV Guide, 2003

rise and shine pilates and wellness: Wild Creations Hilton Carter, 2021-04-06 Namechecked as the LeBron James of plant styling... by Good Morning America, Hilton Carter now shows how you can make, style, decorate and care for your own stunning plant-inspired interior with his 25 step-by-step DIY projects and plant hacks. Carter, the Instagram star of the plant world and creator of green interiors has given us glimpses into many stunning plant-filled homes where ivy and creeping figs hang miraculously from ceilings, moss and ferns grow effortlessly to create living walls, fiddle leaf ferns and cheese plants thrive, whilst air plants beautify artworks and succulents flourish whether in pots on windowsills or planted in terrariums... Now in his third book, Wild Creations, Hilton actually shows you how you can create these amazing fixtures that enable plants to become such an integral part of an interior. Divided into four sections, Wild Ideas, Wild Hacks, Wild Rants and Wild Plants, Wild Creations shows you step by step how you can create air plant wreaths, moss walls, leather hanging plant stands, terrariums and many more stunning projects that will give you the green interior you crave. And just so your plants feel at home in your interior there is even a painting by numbers jungle mural, plus plant-scented candles to make sure your interior not only

stays wild but that you and all its inhabitants thrive from the health giving benefits of greenery.

rise and shine pilates and wellness: *Caged Lion: Joseph Pilates and His Legacy* John Howard Steel, 2020-05-20 The surprising story of Pilates-the man and the method.

rise and shine pilates and wellness: Hotelier Indonesia Hery Sudrajat, Indonesia now is on alert, many events canceled and some are postpone due to the COVID-19 Outbreak. Governor has announced to closed all Jakarta Tour destination to protect people from the covid-19 spreads. And suggest to closed all schools and start recommend to avoid gathering, amid the outbreak. Therefore please check all events schedules before you make hotel and flight reservations . This outbreak has hit Hospitality Industry in every aspects. This global outbreak has announced by WHO as pandemic and everyone has ordered to be ready and avoid the spreads. Please take care yourself and family. Rachel Grier, IDEaS Area Vice President, Asia Pacific Concerns relating to the spread of the COVID-19 and largescale travel restrictions put in place are having a direct impact on hoteliers across the Asia- Pacific (APAC) region. So, what should hoteliers consider when seeking to address the business challenges posed by the emergence of COVID-19? Read on Page 14. Check out what Yuki Hu, Eva Liu and George Yu advice regarding COVID-19 and the global hotel industry: A roadmap to recovery start on Page 44 Not to miss Bali Brand & Residence March 2020 Report from Horwarth HTL in this edition, plus Many many more to read ... again, always protect yourself and be safe!

rise and shine pilates and wellness: *My New Roots* Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

rise and shine pilates and wellness: *Shine* Jessica Jung, 2022-05-10 Seventeen-year-old Rachel Kim confronts the dark underbelly of the K-pop world as she strives to become a K-pop star.

rise and shine pilates and wellness: The Betty Body: A Geeky Goddess' Guide to Intuitive Eating, Balanced Hormones, and Transformative Sex Stephanie Estima, 2021-02-16 Women are not little men, but that's how we treat our bodies. In *The Betty Body*, Dr. Stephanie Estima provides a step-by-step guide to caring for your feminine body, teaching you: How to go from treating your period as an archenemy to celebrating its arrival every month The different types of orgasms you should be having and why they're so important for female health How to eat in a way that honors your menstrual cycle, through menopause and beyond How morning routines are sexist, and how you can structure one that honors your unique biology How to build beautiful, lean muscle based on your menstrual cycle, even in menopause Why fats and carbohydrates are not evil, and how to use them strategically to your metabolic advantage Whether you want to lose weight, balance your hormones, or just stop hating your period, *The Betty Body* is your blueprint for your best feminine health.

rise and shine pilates and wellness: *Grow Younger* Mala Mansukhani, 2020-02-07 Testimonial: Mala and her youthful energy, even though she is a grandmother, is proof that she practices the thoughtful and knowledgeable insights that she has given in her book "Grow Younger". The book has valuable wisdom and I believe in most of the guidance shared by her. In fact I practice them myself. I think this book is a useful read for everyone, not just those who think they are getting

older. - MILKHA SINGH About the book "Age is just a number." "Sixty is the new forty." "You are as young as you think." Everyone has heard these catch-phrases sometime or the other. People utter them to sound cool, and perhaps, younger. But when people say such things, do they know what they really mean? Grow Younger tells the story of one woman who lived and still lives a youthful life. However, this book is not only about her life. It is also about your life; why you should and how you can live a youthful life. Written with an infectious conviction, the book is peppered with practical, sensible and common-sensical advice on how to think, act, feel and be younger. It shows you that counting your blessings matters more than counting the number of candles on your birthday cake.

rise and shine pilates and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

rise and shine pilates and wellness: Return to Life Through Contrology Joseph H. Pilates, William John Miller, 2021-04-02 This seminal work, written by the creator of the Pilates method himself, guides you through a series of precisely designed exercises that strengthen the body, enhance flexibility, and promote overall well-being. With detailed instructions and accompanying photographs, Joseph Pilates demonstrates how his innovative approach to fitness can help you achieve a renewed sense of vitality, improve your posture, and gain mastery over your physical and mental health. Whether you're a beginner or an experienced practitioner, this timeless classic is an essential resource for anyone seeking to unlock their body's full potential and embark on a journey of self-discovery and personal growth.

rise and shine pilates and wellness: Body By Simone Simone De La Rue, Lara McGlashan, 2014-04-01 In Body By Simone, Simone De La Rue, featured trainer on Revenge Body with Khloe Kardashian, shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts. Considered the next Tracy Anderson, Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, Body By Simone features Simone's eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week's goals and challenges. Each week builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

rise and shine pilates and wellness: Coconuts & Kettlebells Noelle Tarr, Stefani Ruper, 2018-08-07 Achieve lasting health—without cutting calories or following dieting "rules"! Instead of obsessing about the quantity of food you eat, shift your focus to the quality, say Noelle Tarr and Stefani Ruper. The popular hosts of the Well-Fed Women podcast want you to make sure you're getting enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know firsthand about the ups and downs of dieting. Like many people, they have struggled with confusing and frustrating health issues such as anxiety, infertility, and hormonal imbalance—but when they discovered that the secret to improving wellness

was actually more food, they ditched the calorie counters and gave their bodies the nourishment they needed to heal. In the Coconuts and Kettlebells program, you'll eat at least 2,000 calories a day—setting a minimum intake of fat, protein, and carbohydrates to ensure that your diet is full of nutrients. Noelle and Stefani identify the Big Four foods that cause the most health problems—grains, dairy, vegetable oils, and refined sugar. While many diets require you to eliminate these foods entirely, Coconuts and Kettlebells provides an easy-to-follow step-by-step system to test these foods and determine which you need to cut back on to feel better—and which you can eat without restrictions. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for Butter Lovers, people who tend to feel more satisfied eating higher ratios of fats, and one for Bread Lovers, people who tend to feel more satisfied eating higher ratios of carbs. Each meal plan comes with weekly shopping lists and instructions on how to batch cook, meal prep, and stock the pantry. In addition, you get more than 75 simple and delicious real food recipes, including: • Kale and Bacon Breakfast Skillet • Raspberry-Coconut Smoothie Bowl • Thai Coconut Curry Shrimp • Apple-Chicken Skillet • Moroccan Lamb Meatballs • Grilled Balsamic Flank Steak • Chocolate-Cherry Energy Bites • Lemon-Raspberry Mini Cheesecakes To go along with the meal plans, you'll find three 4-week fitness plans tailored to beginner, intermediate, and advanced experience levels. Best of all, the workouts can be done anywhere—at your home or on the road—and take no more than 30 minutes each. A comprehensive whole-body program, Coconuts and Kettlebells provides the knowledge and tools you need to be healthy inside and out.

rise and shine pilates and wellness: The Tumbling Turner Sisters Juliette Fay, 2016-06-14 For fans of Orphan Train and Water for Elephants, a compelling historical novel from “one of the best authors of women’s fiction” (Library Journal). Set against the turbulent backdrop of American Vaudeville, four sisters embark on an unexpected adventure—and a last-ditch effort to save their family. It’s 1919, and the Turners are barely scraping by. When their father loses his job, their irrepressible mother decides that vaudeville is their best chance to make the rent—and create a more exciting life for herself in the process. Traveling by train from town to town, teenagers Gert, Winnie, and Kit, and recent widow Nell soon find a new kind of freedom in the company of performers who are as diverse as their acts. There is a seamier side to the business, however, and the young women face dangers and turns of fate they never could have anticipated. Heartwarming and surprising, The Tumbling Turner Sisters is ultimately a story of awakening—to unexpected possibilities, to love and heartbreak, and to the dawn of a new American era.

rise and shine pilates and wellness: Yoga for Everyone Dianne Bondy, 2019-04-02 Yoga can benefit every body, including yours! Discover how to take advantage of all yoga has to offer with this all-encompassing yoga guide. No matter who you are or what your abilities are, Yoga for Everyone includes a fabulous 50 poses proving something for everyone to love. From plus size yoga and pregnancy yoga, to yoga for the elderly or disabled, you can explore variations and modifications to much-loved yoga poses, from the comfort of your own home. Every exercise utilizes the essential elements of yoga to ensure you can gain all the physical and mental benefits, and will also allow you to perform all 10 sequences, which combine different poses into one singular experience and focus on specific health benefits each pose has on your body. Dive straight in to discover: - A visually illustrated yoga guide showcasing diversity in people and their mixed fitness abilities - 50 yoga exercises with a minimum of 3 modifications for varying body types - 10 sequences that combine the above-mentioned exercise - Expert information in Yoga and how to incorporate these exercises into everyday life For years, books on yoga have asked readers to bend over backward (literally!) to conform to their physical demands. At DK, we believe it’s time to change that! Why not allow for readers to demand that yoga conform to their individual needs instead? This is yoga for real people! Once you familiarise yourself with the yoga exercises that best suit you and your abilities, you’ll begin to notice the benefits of yoga and positive changes they have on your body, whether it’s your enhanced flexibility, your improved posture or your stronger core. What a rewarding experience for readers! Yoga for Everyone aims to teach readers that with a little modification, anyone can practice Yoga, perfect their poses and become stronger and more confident as you go. Whether you want to

structure your sun salutation or demand more from your downward dog, this all-encompassing yoga book will be your one-stop guide to achieving perfection with each pose no matter your physical ability, and learn some top tips on yoga anatomy and yoga science along the way. A must-have volume for those who want to take up yoga but don't know where to begin, or simply those seeking to start a low-impact exercise, Yoga for Everyone can be tailored to your individual fitness needs, so you make the most out of your poses! Why not stretch yourself, literally, this New Year and try something new? Your mind, body and soul will thank you!

rise and shine pilates and wellness: Accessible Yoga Jivana Heyman, 2019-11-05 "A treasure trove . . . what Yoga, capital Y, is all about." —Donna Farhi "Nothing less than a gem." —Judith Lasater "A vital tool." —Book Riot This daring, visionary book revolutionizes yoga practice, making it truly accessible to everyone—in every body, at any age, and in any state of health Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all—conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, founder of Accessible Yoga, views yoga as a basic human right—saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type. Heyman has spent over twenty years sharing yoga with people of all abilities and backgrounds, and in this book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.

rise and shine pilates and wellness: Boundless Ben Greenfield, 2020-01-21 What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In Boundless, the New York Times bestselling author of Beyond Training and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover:

- How to rewire your skull's supercomputer (and nine ways to fix your neurotransmitters)
- The twelve best ways to heal a leaky brain
- Eight proven methods to banish stress and kiss high cortisol goodbye
- Ten foods that break your brain, and how to eat yourself smart
- How to safely utilize nootropics and smart drugs, along with eight of the best brain-boosting supplement stacks and psychedelics
- The top nutrient for brain health that you probably aren't getting enough of
- Six ways to upgrade your brain using biohacking gear, games, and tools
- How to exercise the cells of your nervous system using technology and modern science
- Easy ways to train your brain for power, speed, and longevity
- The ultimate guide to optimizing your sleep, maximizing mental recovery, and stopping jet lag

To ensure that you look good naked and live a long time, you will learn:

- Six ways to get quick, powerful muscles (and why bigger muscles aren't better)
- How to burn fat fast without destroying your body
- The fitness secrets of six of the fittest old people on the planet
- The best training program for maximizing muscle gain and fat loss at the same time
- One simple tactic for staying lean year-round with minimal effort
- A step-by-step system for figuring out exactly which foods to eat
- Fourteen ways to build an unstoppable immune system
- Little-known tactics, tips, and tricks for recovering from workouts with lightning speed
- The best tools for biohacking your body at home and on the road
- How to eat, train, and live for optimal symmetry and beauty (and how to raise kids with superhuman bodies and brains)

And to help you live a fulfilling and happy life, you will learn:

- Twelve techniques to heal your body using your own internal pharmacy
- What the single most powerful emotion is and how to tap into it every day
- Four of the best ways to heal your body and spirit using sounds and vibrations
- Six ways to enhance your life and longevity with love, friendships, and lasting relationships
- How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies
- The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness

Twenty-eight ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more • The four hidden variables that can make or break your mind, body, and spirit • The exercise that will change your life forever (and how to reverse-engineer your perfect day) Boundless guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy. You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

rise and shine pilates and wellness: Sanity Is Sexy Diana Antholis, 2015-05-20 You want to love your life, find happiness, and feel whole. You want to see the world in abundance, have the confidence to actualize your goals, and feel light-not letting stress and self-doubt slow you down. Only you are fighting yourself every step of the way, adding pressure to get ahead faster and sabotaging yourself into thinking you're not good enough. You're searching for the secrets everywhere, except the one place you can find them: in yourself. KNOW WHO YOU ARE. LIVE IN YOUR REALITY. LET IT BE EASY. KEEP YOUR SANITY. Feeling comfortable, confident, and sexy in your own skin is hard work. It's even more challenging when day-to-day life pulls on your focus and drags you down. In *Sanity is Sexy*, you will find 40 powerful mantras to use anytime you're clouded with the stress, emotions, and fears life throws at you. This is your manual for creating the mindset necessary to unleashing your sexiest, most confident self. With this book, you will: -BELIEVE IN YOURSELF: finding the keys to happiness, vitality, and success. -EXPAND YOURSELF: focusing on your desires and saying goodbye to those who don't meet your standards. -FIND FREEDOM: releasing the fear holding you back so you can feel natural again. -FEEL INVINCIBLE: conquering your goals and actualizing your vision with passion and conviction. SANITY IS SEXY. GET READY TO UNLEASH YOUR TRUE SELF.

rise and shine pilates and wellness: ~These Strongest Shall Survive Bill Starr, 2003

rise and shine pilates and wellness: The Secret of Your Naturally Skinny Friends Monica Swanson, 2015-10-22 A fresh approach to overcoming struggles with food, exercise, and body image. From journaling prompts, to practical tips and tricks, this book is packed full of helpful tools and useful information.

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feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition? Thomas invites you to step into a soulful, fulfilling life of freedom, transcending self-destructive habits and creating a blueprint for a more gratifying, centered, and bountiful way of living. *Your Glow* is an awakening roar for women to mobilize, become the masters of their lives, and hold their crowned heads up high, letting their relentless light from within shine bright for the world.

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business. She couldn't understand why people starting companies all looked the same (White and male), and she wanted the chance to invest in the ideas and people who didn't conform to this image of how a founder is supposed to look. Hamilton had no contacts or network in Silicon Valley, no background in finance—not even a college degree. What she did have was fierce determination and the will to succeed. As much as we wish it weren't so, we still live in a world where being underrepresented often means being underestimated. But as someone who makes her living investing in high-potential founders who also happen to be female, LGBTQ, or people of color, Hamilton understands that being undervalued simply means that a big upside exists. Because even if you have to work twice as hard to get to the starting line, she says, once you are on a level playing field, you will sprint ahead. Despite what society would have you believe, Hamilton argues, a privileged background, an influential network, and a fancy college degree are not prerequisites for success. Here she shares the hard-won wisdom she's picked up on her remarkable journey from food-stamp recipient to venture capitalist, with lessons like "The Best Music Comes from the Worst Breakups," "Let Someone Shorter Stand in Front of You," "The Dangers of Hustle Porn," and "Don't Let Anyone Drink Your Diet Coke." Along the way, she inspires us all to defy other people's expectations and to become the role models we've been looking for. Praise for *It's About Damn Time* "Reading Arlan Hamilton's *It's About Damn Time* is like having a conversation with that frank, bawdy friend who somehow always manages to make you laugh, get a little emo, and, ultimately, think about the world in a different way. . . . The book is warm, witty, and unflinching in its critique of the fake meritocracy that permeates Silicon Valley."—Shondaland

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