

sunstone massage wellness yoga

Sunstone Massage Wellness & Yoga: Your Oasis of Calm in a Busy World

Are you feeling overwhelmed, stressed, and disconnected from your body? Longing for a sanctuary where you can unwind, rejuvenate, and reconnect with your inner peace? Then welcome to Sunstone Massage Wellness & Yoga, your destination for holistic well-being. This comprehensive guide dives deep into what we offer, exploring the benefits of massage, yoga, and the unique synergy between the two, all within the tranquil environment of Sunstone. We'll cover everything from the types of massage therapies we provide to the various yoga styles we offer, helping you understand how Sunstone can become your personal oasis of calm.

Unwind and Rejuvenate with Our Therapeutic Massages

At Sunstone Massage Wellness & Yoga, we believe that touch is a powerful healing modality. Our skilled and experienced massage therapists are dedicated to providing personalized treatments that address your specific needs and preferences. We offer a range of massage therapies, each designed to promote relaxation, relieve muscle tension, and improve overall well-being. Let's explore some of our most popular options:

Swedish Massage: This classic massage technique utilizes long, flowing strokes to soothe muscles, improve circulation, and reduce stress. It's perfect for relaxation and overall body rejuvenation.

Deep Tissue Massage: Ideal for those experiencing chronic muscle pain or tightness, deep tissue massage targets deeper layers of muscle and connective tissue to release tension and improve mobility.

Hot Stone Massage: Experience the ultimate in relaxation with our hot stone massage. Smooth, heated stones are placed on your body to gently melt away tension, improve circulation, and promote deep relaxation.

Prenatal Massage: Designed specifically for expectant mothers, our prenatal massage techniques address the unique physical changes and discomforts associated with pregnancy, providing relief and promoting relaxation.

Sports Massage: Perfect for athletes and active individuals, sports massage helps prevent injuries, improve performance, and accelerate recovery from strenuous activity.

We use only high-quality, natural oils and lotions in our massages, ensuring

a truly luxurious and therapeutic experience. Our therapists are highly trained and committed to providing a safe, comfortable, and personalized experience tailored to your individual needs.

Find Your Flow with Our Yoga Classes

Yoga, an ancient practice that combines physical postures, breathing techniques, and meditation, is a powerful tool for stress reduction, increased flexibility, and improved overall health. At Sunstone, we offer a diverse range of yoga styles to suit different experience levels and preferences. Some of our popular classes include:

Hatha Yoga: A gentle and accessible style of yoga, perfect for beginners. Hatha yoga focuses on basic postures and breathing techniques, promoting relaxation and improving flexibility.

Vinyasa Yoga: A more dynamic and flowing style of yoga, vinyasa connects movement with breath, creating a challenging yet invigorating practice.

Restorative Yoga: Designed for deep relaxation and stress reduction, restorative yoga utilizes props like bolsters and blankets to support the body in passive stretches, allowing for complete relaxation and rejuvenation.

Yin Yoga: This slow-paced style of yoga focuses on holding poses for extended periods, targeting deep connective tissues and promoting relaxation and flexibility.

Prenatal Yoga: Designed specifically for expectant mothers, our prenatal yoga classes help to prepare the body for childbirth, improve flexibility, and reduce stress.

Our experienced and certified yoga instructors create a welcoming and supportive environment, guiding you through each pose and offering modifications to suit your individual needs and abilities. Whether you're a seasoned yogi or a complete beginner, you'll find a class that resonates with you at Sunstone.

The Synergy of Massage and Yoga: A Holistic Approach to Wellness

The true magic of Sunstone lies in the synergistic relationship between massage and yoga. These two practices complement each other perfectly, offering a holistic approach to well-being. Massage helps to release muscle tension and improve flexibility, preparing the body for a deeper and more effective yoga practice. Yoga, in turn, enhances the benefits of massage by improving posture, increasing flexibility, and reducing stress. The combination of these two modalities creates a powerful synergy, promoting deep relaxation, improved physical health, and enhanced mental clarity. Consider trying a massage followed by a restorative yoga class for the

ultimate relaxation experience.

Experience the Sunstone Difference: Book Your Appointment Today!

At Sunstone Massage Wellness & Yoga, we are committed to providing a tranquil and nurturing environment where you can escape the stresses of daily life and reconnect with your body and mind. We strive to create a personalized experience for each client, tailoring our services to meet your individual needs and preferences. Our dedicated team of professionals is passionate about helping you achieve your wellness goals. Don't wait any longer to prioritize your well-being. Book your appointment today and discover the transformative power of Sunstone Massage Wellness & Yoga! Visit our website at [Insert Website Address Here] to browse our services, view our schedule, and book online.

Conclusion:

Sunstone Massage Wellness & Yoga offers a unique and holistic approach to wellness, combining the therapeutic benefits of massage with the transformative power of yoga. By prioritizing your physical and mental well-being, you invest in a healthier, happier, and more fulfilling life. We invite you to experience the Sunstone difference and discover your path to inner peace and rejuvenation.

Frequently Asked Questions (FAQs):

1. Do you offer gift certificates? Yes, we offer gift certificates for any service or package. They make a wonderful and thoughtful gift for friends, family, or colleagues.
1. What forms of payment do you accept? We accept cash, credit cards (Visa, Mastercard, American Express), and debit cards.
1. What should I wear to a massage appointment? We recommend wearing comfortable, loose-fitting clothing. You will be provided with a robe and towel for your massage.
1. What should I wear to a yoga class? Comfortable, athletic clothing that

allows for ease of movement is recommended. We encourage you to dress in layers as the room temperature may vary.

1. Do you offer packages or discounts? Yes, we offer a variety of packages and discounts for multiple sessions or combined massage and yoga services. Check our website for current promotions.

sunstone massage wellness yoga: Yoga Journal , 1986-09 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

sunstone massage wellness yoga: Official Gazette of the United States Patent and Trademark Office , 2005

sunstone massage wellness yoga: Insiders' Guide® to Dallas & Fort Worth June Naylor, 2010-03-23 Your Travel Destination. Your Home. Your Home-To-Be. Dallas & Fort Worth "Fort Worth is where the West begins," it's said, "and Dallas is where the East peters out." • A personal, practical perspective for travelers and residents alike • Comprehensive listings of attractions, restaurants, and accommodations • How to live & thrive in the area—from recreation to relocation • Countless details on shopping, arts & entertainment, and children's activities

sunstone massage wellness yoga: Fodor's Southern California Fodor's Travel Guides, 2024-05-21 Whether you want to get a glimpse of the Hollywood sign, hike in Joshua Tree National Park, or visit San Diego's Gaslamp Quarter, the local Fodor's travel experts in Southern California are here to help! Fodor's Southern California guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor's Southern California travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 25 DETAILED MAPS and a FREE PULL-OUT MAP to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, and more PHOTO-FILLED "BEST OF" FEATURES on "Best Beaches in San Diego," "Best Celebrity Hangouts in L.A.," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local people, politics, art, architecture, cuisine, music, geography and more SPECIAL FEATURES on the "San Diego Zoo," "What to Eat and Drink," and "What to Watch and Read Before Your Trip" LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Los Angeles, San Diego, Joshua Tree National Park, Death Valley National Park, the Pacific Coast Highway, Route 66, Big Sur, Santa Barbara, the Mojave Desert, Palm Springs, and more. Planning on visiting other destinations in the southwest? Check out Fodor's Arizona, Fodor's Fodor's Las Vegas, Fodor's Utah, and Fodor's InFocus Santa Fe. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel

inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

sunstone massage wellness yoga: *Yoga Journal*, 1987-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

sunstone massage wellness yoga: Fascia in Sport and Movement, Second edition Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

sunstone massage wellness yoga: *Fodor's California* Fodor's Travel Guides, 2024-03-19 Whether you want to get a glimpse of the Hollywood sign, wander among giant redwood trees at Muir Woods, or camp in a National Park, the local Fodor's travel experts in California are here to help! Fodor's California guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor's California travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 49 DETAILED MAPS and a FREE PULL-OUT MAP to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, and more PHOTO-FILLED "BEST OF" FEATURES on "What to Eat and Drink," "Best Wineries in Napa & Sonoma," "Best Beaches in San Diego," "Best Celebrity Hangouts in L.A.," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local people, politics, art, architecture, cuisine, music, geography and more SPECIAL FEATURES on the "San Diego Zoo," "San Francisco's Cable Cars," and "Wine-Tasting in Napa & Sonoma" LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Los Angeles, San Francisco, San Diego, Joshua Tree National Park, Death Valley National Park, Napa and Sonoma, the Pacific Coast Highway, Monterey, Route 66, Carmel, Big Sur, Santa Barbara, the Mojave Desert, Palm Springs, Sacramento, and more. Planning on visiting other destinations in the west? Check out Fodor's Oregon, Fodor's Pacific Northwest, Fodor's Utah, Fodor's Arizona, and Fodor's Las Vegas. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

sunstone massage wellness yoga: *Scientific Basis for Ayurvedic Therapies* Lakshmi C. Mishra, 2003-09-29 Arguably the oldest form of health care, Ayurveda is often referred to as the Mother of All Healing. Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, *Scientific Basis for Ayurvedic Therapies* is the first book to analyze and synthesize current research supporting Ayurvedic medicine. This book reviews the latest scientific information, evaluates the research data, and presents it in an easy to use format. The editor has carefully selected topics based on the availability of scientific studies and the prevalence of a disease. With contributions from experts in their respective fields, topics include Ayurvedic disease management, panchkarma, Ayurvedic bhasmas, the current status of Ayurveda in India, clinical research design, and evaluation of typical clinical trials of certain diseases, to name just a few. While there are many books devoted to Ayurveda, very few have any in-depth basis in scientific studies. This book provides a critical evaluation of literature, clinical trials, and biochemical and pharmacological studies on major Ayurvedic therapies that demonstrates how they are supported by scientific data. Providing a natural bridge from Ayurveda to Western medicine, *Scientific Basis for Ayurvedic Therapies* facilitates the integration of these therapies by health care providers.

sunstone massage wellness yoga: *The Crystal Fix* Juliette Thornbury, 2019-02-05 “This delightful – and highly accessible – book is beautifully illustrated and filled with hints and tips to help you make the most of your crystals. I’m sure you’ll enjoy it as much as I did.” —Judy Hall, best-selling author of *The Crystal Bible* Create a beautiful and empowering home environment with healing crystals. Featuring a dedicated section organized by the key rooms in the home, this modern guide to crystals helps you choose stones that will attract the energy you want in each space. Infused with the energy of Mother Nature, every crystal has a unique set of healing properties which, armed with a little knowledge, you can unlock and harness to improve all aspects of life. From tackling insomnia to relieving anxiety and fostering creativity, crystals can energize, calm, and inspire. Luminosity Crystals founder, Juliette Thornbury, provides all the information you need to source, care for, and display your crystals—as well as tips for wearing them and taking stones on the go. Find within: An introduction to the art of feng shui and how to use it in conjunction with specific crystals to enhance the energy in your home, followed by room-by-room crystal recommendations. A crystal directory organized by primary qualities (Joy & Success, Love & Relationships, Health & Wellness, Energy & Inspiration, Rest & Rejuvenation, Protection & Comfort). A guide to using your crystals, including meditations, rituals, associated chakras, beauty treatments, and crystal grids. Two indexes—one general and another that lists the stones by need. Whether you want to choose the right cluster for your coffee table, or to better understand the powerful potential of these stones, this essential guide will enable you to bring more of their transformative energy into your everyday life.

sunstone massage wellness yoga: *Integral Yoga Hatha* Swami Satchidananda, 1995 This clear and comprehensive yoga manual, prepared by the world-renowned yoga master Swami Satchidananda, is the only one you will ever need! Clear, concise and accurate information and illustrations make yoga practice easy for everyone, even through to the most advanced level.

sunstone massage wellness yoga: *The Fifth Phrase* Joe Vitale, 2020-12-04 ARE YOU READY TO BREAK FREE OF LIMITATIONS AND EXPERIENCE MIRACLES? The world burned on fire with inspiration when bestselling author Dr. Joe Vitale revealed the four phrases of Ho’oponopono – a Hawaiian healing spirituality of profound wisdom and power – in his globally successful book, *Zero Limits*. Now he shares *The Fifth Phrase*, the most powerful healing and cleaning statement of all. Along the way, he also shares new secrets, insights and methods for faster results, deeper awakening and a life of magic and miracles. The practice of Ho’oponopono guides you through the journey of life with the tools you need to rid yourself of hindrances and open yourself up to infinite possibilities. Don’t let your unconscious mind undermine your efforts. You have more control over it than you ever suspected. With his unique and successful method, Joe Vitale will change the way you

think and help you achieve more in life than you ever thought possible. You will learn: The Four Phrases of Ho'oponopono How to develop Your Own Phrases for Greater Spiritual Growth Advanced Cleaning Methods Higher-Level Healing Philosophies The Fifth Phrase, Joe Vitale's most advanced clearing phrase of all, revealed for the first time This promises to be the most illuminating book so far on the power of transformation. Just reading it will enrich, entertain and enlighten. Joe Vitale is a spiritual teacher best known for his appearance in the movie The Secret and as the bestselling author of The Attractor Factor and Zero Limits.

sunstone massage wellness yoga: Crystal Muse Heather Askinosie, Timmi Jandro, 2017-10-17 "Crystal Muse is pure enchantment. It is written with grace, deep knowledge, and the kind of magic that comes only from years and years of experience trusting and working in the unseen realms. I highly recommend this book to everyone who wants to live a more delightful and fulfilling life."— CHRISTIANE NORTHRUP, M.D., New York Times best-selling author of Goddesses Never Age Crystal Muse explores how you can transform life's challenges into opportunities for growth by being equipped with the right crystals and mindset. Learn how you can connect with crystals and empower your life by using this guide to set such transformational intentions as: —Attracting love through learning to love yourself —Relieving anxiety by surrendering to meditation —Becoming a magnet for prosperity —Crystallizing a breakthrough —Consciously conceiving a new life —Cutting your unhealthy energy cords —Getting rid of insomnia to sleep with your mind fully at rest —Cultivating the connection with your creative spirit —Aligning with the energy of the moon —Grounding yourself with the energy of the earth; and —Finding the temple within These practices are a collection of over 25 years of rigorous research, world travel, and spiritual quests by holistic healer and crystal expert, Heather Askinosie. For over two decades, Heather and her business partner, Timmi Jandro, have been offering insights into crystals through their crystal healing business, Energy Muse. Throughout Crystal Muse, Heather and Timmi share their personal stories on the path toward alternative practice, and explain how these remedies can work for the reader's life too.

sunstone massage wellness yoga: HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

sunstone massage wellness yoga: The Crystal Workshop Azalea Lee, 2020-03-31 In this complete guide to the fundamentals of crystal healing, author and healer Azalea Lee offers an entirely new and comprehensive approach to working with metaphysical stones. Instead of focusing on a few individual crystals and their properties, she shows the reader how to select, cleanse, charge, and work with crystals of all kinds, and how to connect with their powerful healing energies.

And, just as significantly, she shares a series of simple exercises to help readers develop their own deep intuition when it comes to working with the stones. Exquisite photographs of over one hundred unique crystal specimens will inspire the journey, with page after page celebrating each crystal's unique natural beauty.

sunstone massage wellness yoga: Radical Healing Rudolph Ballentine, 1999 This extraordinary book offers nothing less than a new vision of medical care. Rudolph Ballentine, M.D., has created a unique, integrative blending of the primary holistic schools of healing that is far more potent than any one of these alone. Like Deepak Chopra and Andrew Weil, Rudolph Ballentine is a medical doctor who became intrigued by the workings of mind-body medicine and looked beyond the West in his search for understanding. Drawing on thirty years of medical study and practice, Dr. Ballentine has accomplished a singular feat: integrating the wisdom of the great traditional healing systems--especially Ayurveda, homeopathy, Traditional Chinese Medicine, European and Native American herbology, nutrition, psychotherapy, and bodywork. Melded together, the profound principles buried in these systems become clearer and stronger, and a new level of effectiveness becomes possible. Healing and reorganization are accelerated and deepened--physically, emotionally, and spiritually. The result is transformation. The result is radical healing. Radical Healing harnesses nature's medicinals--plants and other natural substances--with commonsense essentials such as diet, exercise, and cleansing, as well as the most profound principles of spiritual and psychological transformation. In Dr. Ballentine's synthesis, illness is an opportunity for growth that can go far beyond recovery. Through radical healing old habits and attitudes that supported the development of disease fall away, to be replaced by the clarity that comes with a whole new way of being in the world.

sunstone massage wellness yoga: F & S Index United States Annual , 2006

sunstone massage wellness yoga: Odessa Recollected Patricia Herlihy, 2019-01-29 Odessa, a Black Sea port founded by Catherine the Great in 1794, shortly after the territory was wrested from the Ottoman Empire, became a boomtown on the southern fringe of the Russian Empire. Catherine and the early administrators of the city, such as the Duke de Richelieu, promoted settlement by Europeans in addition to the Greek, Italians, and Jews who came on their own initiative to take advantage of economic opportunities in the robust grain trade with Europe. More ethnically diverse by far than St. Petersburg, Odessa became a remarkable independent-minded, large cosmopolitan city, attracting and producing noted writers, artists, musicians and scholars. Imperial Russian tsars and Soviet leaders maintained an ambivalent attitude towards the maverick city, appreciating the fame and fortune it generated, but also leery of the activities of secret foreign national societies, pogromists, revolutionaries and simply the perceived lack of patriotism in the singular city so far away from the heart of Russia. With the withering of the lucrative grain trade by the time of the Soviet Union, Odessa became a neglected city, drained of its foreign flavor. With the independence of Ukraine in 1991, there were hopes raised that the architectural beauty and economic prospects of the city would be revived. Given the current hostilities in Eastern Ukraine with the potential of the Odessa area becoming a possible land bridge to the Crimean Peninsula, the fate of the former Pearl of the Black Sea hangs in suspension. The present book brings together--indeed, re-collects--some of the most valuable and thought-provoking research on Odessa and its culture, community, and economy published by Patricia Herlihy over several decades of her work. Scholars of Ukraine, Russia, and the former Soviet Union will find in this book a helpful resource for their research and teaching.

sunstone massage wellness yoga: Buyology Martin Lindstrom, 2010-02-02 NEW YORK TIMES BESTSELLER • "A fascinating look at how consumers perceive logos, ads, commercials, brands, and products."—Time How much do we know about why we buy? What truly influences our decisions in today's message-cluttered world? In Buyology, Martin Lindstrom presents the astonishing findings from his groundbreaking three-year, seven-million-dollar neuromarketing study—a cutting-edge experiment that peered inside the brains of 2,000 volunteers from all around the world as they encountered various ads, logos, commercials, brands, and products. His startling

results shatter much of what we have long believed about what captures our interest—and drives us to buy. Among the questions he explores: • Does sex actually sell? • Does subliminal advertising still surround us? • Can “cool” brands trigger our mating instincts? • Can our other senses—smell, touch, and sound—be aroused when we see a product? Buyology is a fascinating and shocking journey into the mind of today's consumer that will captivate anyone who's been seduced—or turned off—by marketers' relentless attempts to win our loyalty, our money, and our minds.

sunstone massage wellness yoga: ,

sunstone massage wellness yoga: 27 Things to Know about Yoga Victoria Klein, 2010 Your coworker, your best friend, that cute cashier at the grocery store: there's a good chance they all practice yoga. Whether you've already started a new yoga practice or are an honest-to-goodness beginner, this gateway book provides a hearty introduction to all the basic aspects of yoga and the benefits the low-cost practice offers - no matter your age, size, sex, religion, fitness level, or occupation.

sunstone massage wellness yoga: *New Age Journal* , 1990

sunstone massage wellness yoga: The Zenned Out Guide to Understanding Chakras Cassie Uhl, 2020-09-15 The Zenned Out Guide to Understanding Chakras is your essential introduction to restoring healing and balance. Part of the Zenned Out series, this book includes easy-to-digest actionable steps to enable readers to get started right away.

sunstone massage wellness yoga: A New Way to Age Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With *A New Way to Age*, she “is at the forefront again, bringing seminal information to people, written in a way that all can understand” (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you’ve just had the best checkup ever. There is a new way to age. I’m doing it and it’s the best decision I’ve ever made. I love this stage of my life: I have ‘juice,’ joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and “the big three”: heart disease, cancer, and Alzheimer’s disease. But you don’t have to accept this fate. Now there’s a new way to grow older—with vibrancy, freedom, confidence, and a rockin’ libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

sunstone massage wellness yoga: LGBTQ Las Vegas Dennis McBride, 2017 Being gay in Las Vegas until the 1990s was a felony with a hefty fine and long prison sentence. The Las Vegas LGBTQ community did not organize to fight for its rights until the late 1970s and by the early 1980s had made headway, before AIDS stopped their momentum. While AIDS was devastating, it taught compassion, self-reliance, and political savvy. By 2017, Las Vegas was a city among the most welcoming of the nation's queer community.

sunstone massage wellness yoga: The Storyteller's Thesaurus Troll Lord Games, 2015-04-30 Writers, game designers, teachers, and students ~this is the book you've been waiting for! Written by storytellers for storytellers, this volume offers an entirely new approach to word finding. Browse the pages within to see what makes this book different:

sunstone massage wellness yoga: Turning Pain Into Love Michael N. Roels, 2016-08-09 *Turning Pain into Love* is a book about the power of God working through someone to transform their suffering into a lifelong blessing. So often the trials and tribulations of our life can make us feel hopeless and confused about who we are in this world. I believe, with the belief in something greater

than ourselves, a positive attitude and the intention to make a difference in the world a person can turn anything into a gift. Anytime someone has been through an experience they now have the ability to help someone else that is going through the experience for the first time. Years ago when I was living in Santa Monica, California I came across a Reader's Digest. As I was flipping through the magazine I saw a quote, I am not sure what Enlightenment is but I think it has something to do with turning pain into love. That phrase resonated with me and it has stuck with me ever since.

sunstone massage wellness yoga: Pain Free Pete Egoscue, Roger Gittines, 2014-06-25 Starting today, you don't have to live in pain. "This book is extraordinary, and I am thrilled to recommend it to anyone who's interested in dramatically increasing the quality of their physical health."—Tony Robbins That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cizes specifically designed to provide quick and lasting relief of: • Lower back pain, hip problems, sciatica, and bad knees • Carpal tunnel syndrome and even some forms of arthritis • Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ • Shin splints, varicose veins, sprained or weak ankles, and many foot ailments • Bursitis, tendinitis, and rotator cuff problems Plus special preventive programs for maintaining health through the entire body. With this book in hand, you're on your way to regaining the greatest gift of all: a pain-free body!

sunstone massage wellness yoga: Crystal Clear Jaya Saxena, 2020-12-29 From amethyst to obsidian, Basic Witches author Jaya Saxena explores the multi-faceted meanings and history behind eleven popular crystals in this relatable personal essay collection. Highly prized for their beauty, crystals can take the shape of jewelry, household objects, and an array of self-care products. But it's the ideas they stand for that draw people to their raw forms. Like astrology, tarot, and modern witchcraft, crystals help practitioners understand themselves and the wider world around them. In this collection of sharply observed essays, Jaya Saxena reflects on—and challenges—the ideas associated with eleven popular stones, including unconditional love (rose quartz), happiness and success (citrine), balance (amethyst), self-care (black tourmaline), purity (pearl), imposter syndrome (pyrite), toxic positivity (carnelian), change (opals), traditional concepts of marriage (diamonds), presentation versus identity (obsidian), and death (amber). The result is a deeply personal book with universal appeal, exploring how we assign meaning and power to crystals in order to give meaning and power to our lives.

sunstone massage wellness yoga: The Crystal Bible Judy Hall, 2009 The Crystal Bible has become the world's favourite crystal reference guide, having sold over a million copies. The directory format enables you to find a known crystal instantly or to identify an unknown crystal. It covers the practical and esoteric properties of each stone, including spiritual, mental, psychological, emotional and physical effects, plus its use in crystal healing. Encompassing traditional and contemporary crystal lore, this book draws on Judy Hall's 35 years of experience in this field. It is an indispensable reference for crystal lovers everywhere.

sunstone massage wellness yoga: Gopāla-campū Jīva Gosvāmī, 2009 Poem on Krishna, Hindu deity; Sanskrit text with English translation.

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sunstone massage wellness yoga: More Beautiful Than Before Steve Leder, 2017-11-07 Every one of us sooner or later walks through hell. The hell of being hurt, the hell of hurting another. The hell of cancer, the hell of a reluctant, thumping shovel full of earth upon the casket of someone we deeply loved, the hell of betrayal, the hell of betraying, the hell of divorce, the hell of a kid in trouble . . . the hell of knowing that this year, like any year, may be our last. We all walk through hell. The point is not to come out empty-handed. . . . There is real and profound power in the suffering we endure if we transform that suffering into a more authentic, meaningful life. In the spirit of such classics as *When Bad Things Happen to Good People*, *A Grief Observed*, and *When Things Fall Apart*, *More Beautiful Than Before: How Suffering Transforms Us* examines the many ways we can transform physical, psychological, or emotional pain into a more beautiful and meaningful life. As the leader of Wilshire Boulevard Temple, one of America's largest and most important congregations, located in the heart of Los Angeles, Rabbi Leder has witnessed a lot of pain: It's my phone that rings when people's bodies or lives fall apart, he writes. The couch in my office is often drenched with tears. After 27 years of listening, comforting, and holding so many who suffered, he thought he understood pain and its challenges—but when it struck hard in his own life and brought him to his knees, a new understanding unfolded before him as he felt pain's profound effects on his body, spirit, and soul. In this elegantly concise, beautifully written, and deeply inspiring book, Rabbi Leder guides us through pain's stages of surviving, healing, and growing to help us all find meaning in our suffering. Drawing on his experience as a spiritual leader, the wisdom of ancient traditions, modern science, and stories from his own life and others', he shows us that when we must endure, we can, and that there is a path for each of us that leads from pain to wisdom. Pain cracks us open, he writes. It breaks us. But in the breaking, there is a new kind of wholeness. This powerful book will inspire in us all a life worthy of our suffering; a life gentler, wiser, and more beautiful than before.

sunstone massage wellness yoga: Enhancing Cognitive Fitness in Adults PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

sunstone massage wellness yoga: Lead Us to a Place Andrew Pacholyk, 2018-06-08 Take the first steps on a journey of transformation! This empowering, take-charge-of-your-life work is a journal for the soul! Andrew shows us some incredible and unconventional ways of learning more

about who we are and why we are here! Travel through the seasons of your life, learn how to grow, spiritually and share that joyful light with other.

sunstone massage wellness yoga: Vedic Palmistry Andrew Mason, 2017-07-21 Palmistry is an integral part of Jyotish practice (astrology) that helps to determine an individual's physical, mental and karmic potential. A full explanation of how to read a palm from the point of view of Vedic wisdom is provided, with tips on how to identify and time those areas impacting on wealth, health and longevity. This book teaches you to analyse the possible implications of life-events as seen from the lines (Rekha) on the palm. This book also offers a number of methods to placate astrological influences via the use of yantra, mantra and gemstones, for example, explaining which gemstones to wear and on which finger. This guide is a thorough introduction to the practice of Vedic palmistry for students and practitioners of the Vedic tradition and those with a general interest in the occult sciences of India, but also for anyone interested in what the hand can tell them about their life potential and circumstances.

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Shortlisted for the Duff Cooper Prize and the Marsh Biography Award The definitive biography of chemist Dorothy Crowfoot Hodgkin, the only British woman to win a Nobel prize in the sciences to date. Dorothy Crowfoot Hodgkin (1910–1994) was passionate in her quest to understand the molecules of the living body. She won the Nobel Prize for Chemistry in 1964 for her work on penicillin and Vitamin B12, and her study of insulin made her a pioneer in protein crystallography. Fully engaged with the political and social currents of her time, Hodgkin experienced radical change in women's education, the globalisation of science, relationships between East and West, and international initiatives for peace. Georgina Ferry's definitive biography of Britain's first female Nobel prizewinning scientist was shortlisted for the Duff Cooper Prize and the Marsh Biography Award. This revised and updated edition includes a new preface from the author.

sunstone massage wellness yoga: Brain Longevity Dharma Singh Khalsa, Cameron Stauth, 2001-01-01 In the tradition of Andrew Weil's bestseller Spontaneous Healing, this is a physician's breakthrough medical program for the brain designed to diminish the effect of memory impairment caused by stress, aging, and Alzheimer's disease. As we grow older and experience the stresses of life, at about age 40 many of us begin to have trouble remembering things, concentrating, and generally staying mentally sharp. This book contains a four-part program including nutritional, stress-relieving, pharmacological, and mind-body exercise therapies to help people overcome the undesirable effects of normal brain aging. By controlling cortisol, a hormone that is toxic to the brain and present in excessive levels as we age, Dr. Khalsa's plan can help improve memory and emotional zest. This is the first book to: Describe a program that may diminish age-associated memory impairment Feature a clinical method that can promote memory functioning impaired by Alzheimer's disease Detail the physical damage done to the brain by stress, how it adversely affects memory and our other mental abilities, and what can be done about it.

sunstone massage wellness yoga: 8 Steps to a Pain-Free Back Esther Gokhale, 2013-03-01 With a fresh approach to a common problem, this self-help guide to overcoming back pain advocates adopting the natural, healthy posture of athletes, young children, and people from traditional societies the world over. Arguing that most of what our culture has taught us about posture is misguided—even unhealthy—and exploring the current epidemic of back pain, many of the commonly cited reasons for the degeneration of spinal discs and the stress on muscles that leads to back pain are examined and debunked. The historical and anthropological roots of poor posture in Western cultures are studied as is the absence of back pain complaints in the cultures of Africa, Asia, South America, and rural Europe. Eight detailed chapters provide illustrated step-by-step instructions for making simple, powerful changes to seated, standing, and sleeping positions. No special equipment or exercise is required, and effects are often immediate.

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